

Their Behavior + Our Behavior

Behavior is EVERYTHING

Frequent Point of Confusion

Behavior IS Something a person does that directly impact us.
Behavior is NOT something a person does that we FEEL a certain way about.

A person behaves in a way...

We feel some way.

NOT our lane

Their behavior DOES NOT impact our life

We do not respond in any way.
No possibility for conflict.

END
Not. Our. Life.

OUR lane

Their behavior DOES impact our life

We use our tools and choose how to respond.

Our Tools

Set boundaries

Communicate clearly

Practice non-codependency

Our response or choosing not to respond is OUR behavior

Our behavior can escalate things.

Our behavior can calm things.

PAUSE