



CHECKLIST

Am I in a reactive or creative cyclone?



Reactive

- | | |
|--|--|
| <input type="checkbox"/> I feel like my efforts are never enough | <input type="checkbox"/> I feel out of control |
| <input type="checkbox"/> I feel as though I am failing | <input type="checkbox"/> I feel as though I am letting other people down |
| <input type="checkbox"/> I feel like I am working harder than ever before yet achieving less | <input type="checkbox"/> I don't see a way out and I rely on <u>relief habits</u> to numb the pain |

Actionable Steps:

- Understand what is going on behind the scenes of your reactive cyclone. Knowing that your brain is being hijacked can help you find compassion for yourself.
- Learn more about the three R's - Relief, Recovery and Renewal.



Creative

- | | |
|--|--|
| <input type="checkbox"/> My efforts are meaningful and contribute to something | <input type="checkbox"/> I am in control |
| <input type="checkbox"/> I may not be perfect but I am making progress | <input type="checkbox"/> I am driven by myself, not by others |
| <input type="checkbox"/> I am working efficiently and achieving more than ever | <input type="checkbox"/> I am building small habits that improve my day-to-day |

Actionable Steps:

- Find some control in the workplace and help others out of their reactive cyclones with the techniques found in our Handbook for High Conflict Leadership Strategies.
- Consider joining our Evolution of Thinking program to start building up your toolkit