
INTEGRITY

QUALITIES I ADMIRE:

my triggers and my plan

My Self Talk

- I tell myself lies; I am unkind to myself
- Avoid "Xtreme Words" like 'you never', 'I always', 'everyone says so'.
- logic - I know what I should think
- create a positive mantra
- plan B - give yourself a back-up
- I am different - different doesn't mean 'can't make friends'
- I hold myself to a high standard - define your success
 - "I did the best I could today"
- Frame things positively
- Become an encourager to others - become the friend you wish you had

Sensitivity

- am I too sensitive or not sensitive enough? - try to become more predictable
- do others become angry or annoyed with my actions and I don't know why? - increase your EI
- over reacting - use the anger scale
- you may need more/better sleep
- is my tease tolerance low? - look for humour - agree
- accept criticism by saying "thank you, how can I improve?"

My Fears

- fear of embarrassment
- fear of failure
- fear of vulnerability
- fear of being different
- risk, try, small steps, push forward
- find someone that is safe to share with / to be vulnerable
- each success or failure adds up experience and makes you more brave so don't ever give up!

How I express myself, esp. conflict

Dare to be vulnerable with someone safe

I can be unpredictable - pinpoint and communicate the real issue

Most conflict is caused by misunderstanding - explain yourself and your feelings

Avoid sarcasm and defensiveness

I feel _____ when _____ I need _____

REALLY listen "Help me understand..."

Don't sink in it, burdens get heavier the longer you hold on to them.

Show Gratitude, become an encourager and a bright spot to others

My Community

Who is your audience? what / who's standard are you held to? - change it if it harms you

Boundaries "You cannot talk to me like that." "That's not okay with me."

Don't isolate yourself, find a safe community (where you can be vulnerable when needed)

Watch out for "should" thoughts. Remind yourself that you ultimately perform for an audience of ONE

Be Thou My Vision, Oh LORD of My Heart

