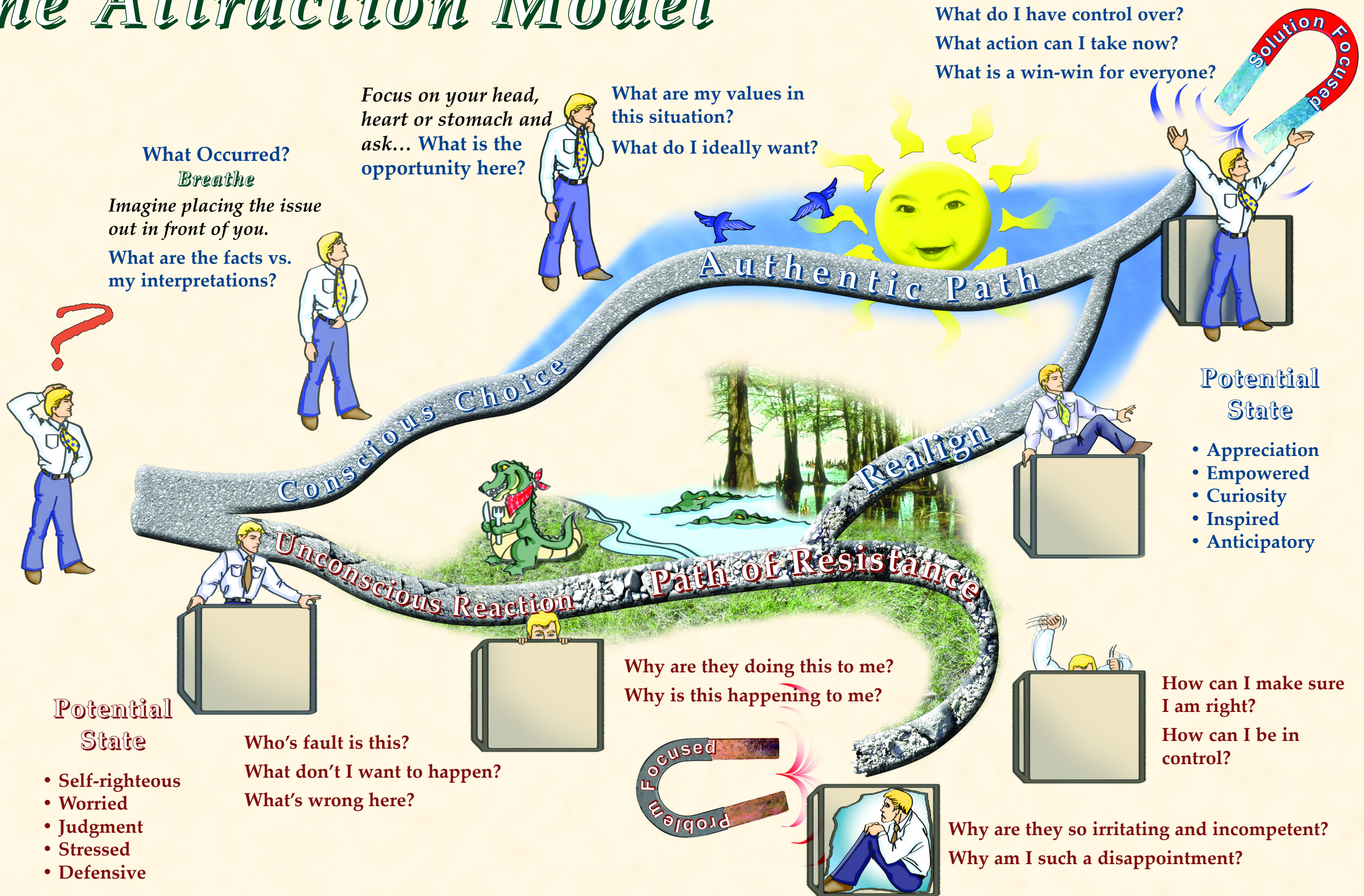


The Attraction Model



What Occurred?
Breathe
 Imagine placing the issue out in front of you.
 What are the facts vs. my interpretations?

Focus on your head, heart or stomach and ask... What is the opportunity here?

What are my values in this situation?
 What do I ideally want?

What do I have control over?
 What action can I take now?
 What is a win-win for everyone?

Potential State

- Appreciation
- Empowered
- Curiosity
- Inspired
- Anticipatory

Potential State

- Self-righteous
- Worried
- Judgment
- Stressed
- Defensive

Who's fault is this?
 What don't I want to happen?
 What's wrong here?

Why are they doing this to me?
 Why is this happening to me?

How can I make sure I am right?
 How can I be in control?

Why are they so irritating and incompetent?
 Why am I such a disappointment?