

## 4. CONSIDERATION & RESPECT SURVEY

Below is a list of behaviours that can make people difficult to be around:

<u>LEVEL 1</u>	<u>LEVEL 2</u>	<u>LEVEL 3</u>
<ul style="list-style-type: none"> <li>○ Impatience</li> <li>○ Highly reactive</li> <li>○ Micromanaging</li> <li>○ Focus on achievements</li> <li>○ Passion</li> <li>○ Pessimism</li> <li>○ Loud/fast speech</li> <li>○ Constantly alarmed</li> </ul>	<ul style="list-style-type: none"> <li>○ Irritable</li> <li>○ Inflexible</li> <li>○ Lack of recognition</li> <li>○ Lack of reward</li> <li>○ Complaining</li> <li>○ Harsh</li> <li>○ Lack of empathy</li> <li>○ Mocking</li> </ul>	<ul style="list-style-type: none"> <li>○ Invalidating feeling</li> <li>○ Neglectful</li> <li>○ Degrading</li> <li>○ Insulting</li> <li>○ Gaslighting</li> <li>○ Guilt tripping</li> <li>○ Blaming</li> <li>○ Shaming</li> </ul>

- a. Which of the behaviours listed above you engage in the most when you are dealing with important circumstances in life (past/present/future)?
- b. When **you** engage in those behaviours **towards others**, do you assess if **your** behaviour has become damaging (inconsiderate/disrespectful)? How do you tell?
- c. When **someone else** engages in those same behaviours **towards you**, do you assess if **their** behaviour has become damaging (inconsiderate/disrespectful)? How do you tell?
- d. When **you** engage in those behaviours **within yourself**, do you assess that **your** behaviour has become damaging (inconsiderate/disrespectful)? How do you tell?
- e. If you apply different boundaries, what is the logic behind the difference?
- f. How do you enforce two/three different boundaries?
- g. What do you think would be the problem if you enforced a single boundary? Explain all scenarios: