CREATIVE RESPONSE

Extra study materials

When we perceive ourselves and others

... is judged against ... is open to

PERFECTION, DISCOVERY,
we are driven by we are motivated by
- right/wrong - inquiry/creativity
- judgements - acceptance
- failures - learning
- playing it too safe - willingness to risk
- anxiety - excitement
- FRUSTRATION - FASCINATION

Preconceived ideas and demands for perfection lead to judgemental attitudes and frustration. Consider instead that conflict can be your field of inquiry. Steer frustration towards fascination and discovery.

PRACTICE

In what areas of your life do you demand very high standards of yourself and others?

- Would a more relaxed attitude be helpful?
- Can you find valuable opportunities in a currently frustrating situation? What are they? What could you learn?
- Write down a positive message you can give yourself about that particular conflict.

Print out this poster for your noticeboard or fridge
Conflict is our opportunity for positive change.

How can we turn this into something that will be better?