

CREATIVE RESPONSE

Extra study materials

When how we perceive our self and others

... is judged against

PERFECTION,

we are driven by

- right/wrong
- judgements
- failures
- playing it too safe
- anxiety
- FRUSTRATION

... is open to

DISCOVERY,

we are motivated by

- inquiry/creativity
- acceptance
- learning
- willingness to risk
- excitement
- 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?**

Extract from the book, Everyone Can Win, (2nd edition, 2006). For more info, see our website: www.crnhq.org
Conflict Resolution Network PO Box 1016 Chatswood NSW Australia 2057 tel +61 2 9419 8500
To comment : email crn@crnhq.org

