



and!

$$S+C-(i)=O$$

Practice and use this technique to work through quickly any situation that you feel stuck, negative (overly positive), uncomfortable,

S

situation

WHAT ARE YOU DEALING WITH?

Be clear about your current situation, be objective as possible
Ask yourself what am I dealing with right now?

Consider all parties
Use key words and phrases as memory joggers and clear representation of the situation you find yourself in...

C

choices

WHAT ARE ALL YOUR CHOICES?

List **EVERY** choices from petulant and emotional reactive choices to wild and simple
Consider carefully the most difficult things you could say and list.

What behaviour may be required?
Make sure you have written in this column all thoughts around the choices and options on the table.....

i

interference

WHAT IS THE NOISE?

List **ALL** the interference around the situation, the people involved, feelings or emotions, head-trash, assumptions, third party stories fake news

Asking yourself **is this true?** when working through your interference once listed will aid its removal

O

outcome

WHAT DO YOU WANT?

List the ideal outcome (s) you want. Think about the ALL perspectives (yours AND others).

DECIDING YOUR OUTCOME

OPTIMAL:

What would it be for all parties to feel win-win-win?

DESIRABLE:

What would make the situation work out seamlessly going forward with solutions to benefit you and others?

ESSENTIAL:

What is the minimum you would except in this situation?

WHEN THE OUTCOME IS TOUGH OR HAS SERIOUS CONSEQUENCES WRITE OUT YOUR OUTCOME AND HOW FAR YOU ARE PREPARED TO GO.



$$S + C - (i) = O$$

List everything out, the more specific the better your outcome

S

YOUR SITUATION

C

YOUR CHOICES RIGHT NOW

i

YOUR INTERFERENCE RIGHT NOW

O

YOUR OUTCOME (OPTIMAL, DESIRABLE, ESSENTIAL)