



Rewired to Relate - Learning Group Guide

Chapter 4

Why do they behave the way they do?

Agenda

Thirty- minute call

Time	Activity
5 minutes	<p>Check in:</p> <p>Each person share one new discovery you made about yourself in the past week.</p> <p>Check in and refresh group agreements</p> <p>How are you doing with your group agreements? Is there anything to add or change?</p>
20 minutes	<p>Discuss learning from reflections and exercises</p> <p>Remind yourselves of this chapter's reflections and exercises and refer to notes you made along the way. See the following pages in this PDF as a reminder.</p> <p>Learning debrief questions:</p> <ul style="list-style-type: none"> • When do you see Be SAFE & Certain threat reactions in others? • How can you distinguish which elements other people might need most? • How do other people's reactions affect you?
5 minutes	<p>Each person share:</p> <p>Your biggest takeaway from Chapter 4.</p> <p>How you will stay aware of other people's limbic systems (and Be SAFE & Certain sensitivities) in stressful situations.</p>

In this chapter you will learn:



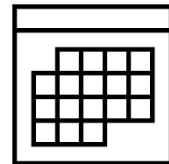
- how to have more compassion and understanding for others' seemingly irrational behaviour
- which unmet needs are being expressed in people around us
- that you can shift these behaviours and support team alignment and connection

Try it this week:

This week is all about increasing your awareness of other people's emotions and practicing staying in control of how you respond to them.

1. Practise staying present, noticing, and not reacting when other people react around you this week. Try to observe and identify their emotions rather than be affected by them.

Ask yourself: What is their unmet need?



2. Use ABC to ground yourself before a potentially heated situation, to help you remain calm and stay in good relationship.

Choose a mindset that will protect you from the limbic reactions of others in this situation.

To take your learning further:

1. Write down your key learnings from this chapter and any reflections on how other people's behaviour affects you, and take them to your learning group meeting to discuss.

Be SAFE & Certain



Belonging



Status



Autonomy



Fairness



Expectations



Certainty



Threats

Cortisol
Adrenaline



Rewards

Dopamine

ABC of Mindfulness

