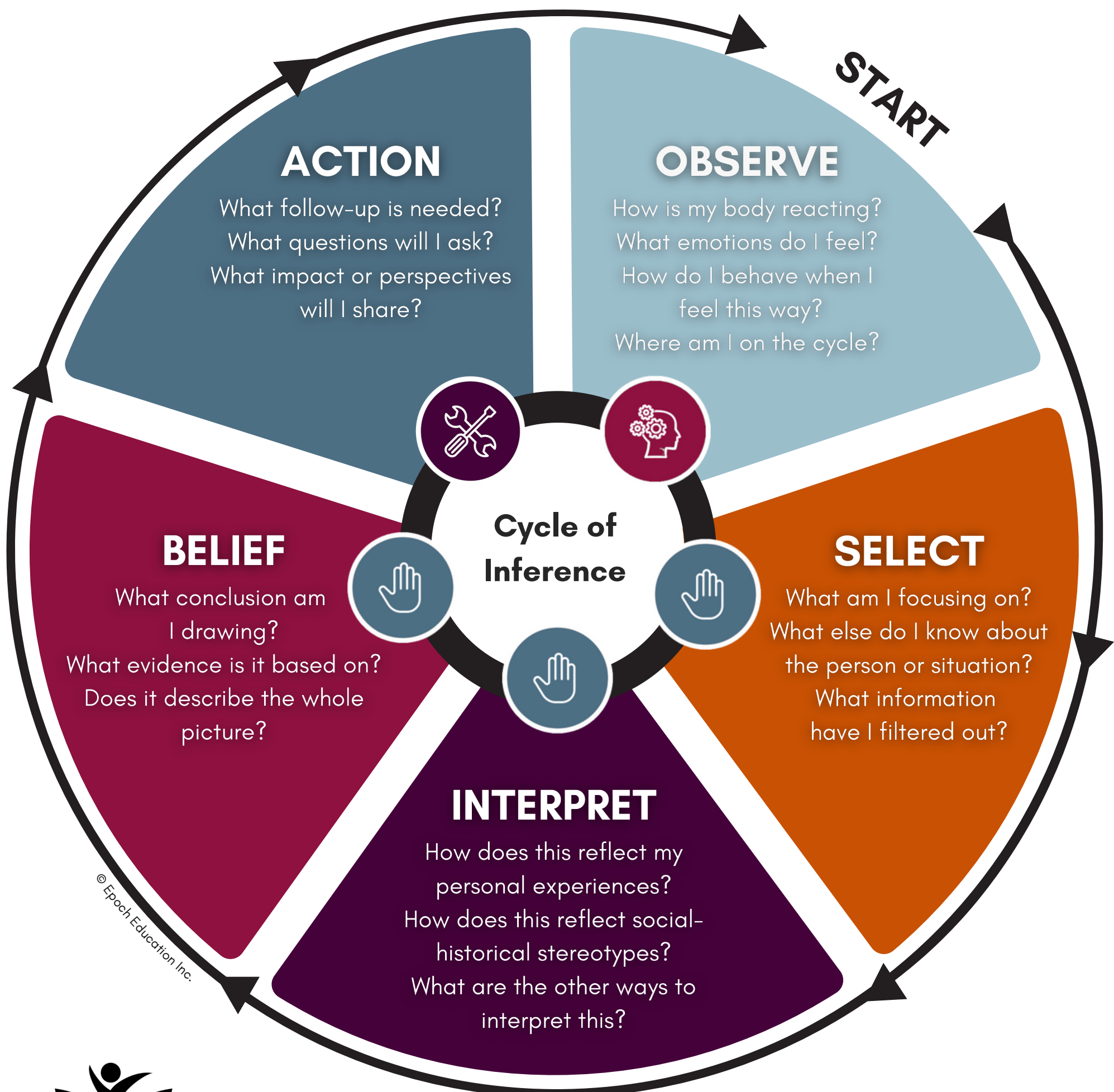


Using the RIR Protocol®

CYCLE OF INFERENCE

To help us debias decision making , challenge assumptions, or cultivate a growth mindset,we can apply the RIR Protocol to our cognitive process by:

- Recognizing our initial reactions and emotions
- Interrupting our narrative with critical questioning
- Repairing by engaging in Compassionate Dialogue to clarify the situation



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