

## Notice Your Patterns (from p35)

1. Draw out your current triad for three conflict situations that you've faced in the last year. What did you think, feel and do in each case? What were the results?
2. Notice any obvious or subtle patterns in your thoughts, feelings and behaviors.
3. Draw out your desired triad — the one you'd like to use in the future in face of conflict. What do you *want* to think, feel and do?
4. Before using your new triad in the real world, consider how the results of your past conflict situations would have been different if you'd used your desired triad instead.
5. Use your desired triad in the next conflict situation you face to experience the mindset in action. After the fact, jot down what you noticed about yourself and how the new experience played out.

