

What presses your buttons?

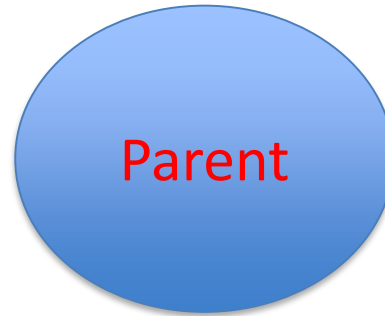
How quickly do you react?

“Between stimulus and response there is a space. In that space is our power to choose our response. In our responses lies our growth and our freedom.”

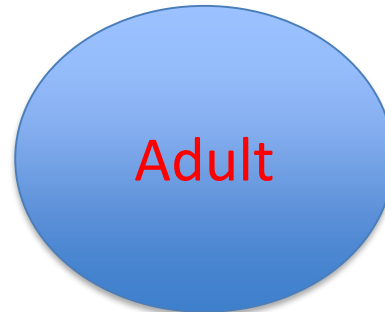
(Stephen R. Covey)

What influences your reactions?

Controlling parent
(focus on rules, ideals)



Nurturing parent
(thoughtful, affectionate)



Adult
(think, judge, make decisions objectively)

Adapted child
(obedient / defiant)



Free child
(act instinctively, impulsively)

What assumptions are you making?

Remember, we see the world not as it is but as we are. Most of us see through the eyes of our fears and our limiting beliefs and our false assumptions.

Robin S. Sharma

Begin challenging your own assumptions. Your assumptions are your windows on the world. Scrub them off every once in while, or the light won't come in.

Alan Alda

**Assumptions allow the best in life to pass
you by**

John Sayles

How objective are you?



This resource may be made available, in full or summary form, in alternative formats and community languages.
Please contact us on **0131 656 3200** or email **altformats@nes.scot.nhs.uk** to discuss how
we can best meet your requirements.



NHS Education for Scotland
Westport 102
West Port
Edinburgh
EH3 9DN

www.nes.scot.nhs.uk

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