



LOOKING AT MY BELIEFS:

I don't judge my conversation partners.

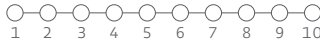


To understand how it might look and feel to honor or violate the belief that it is important to not judge conversation partners, the following examples of top-down communication and partnership communication are provided. Use this simple scale to help gauge the alignment you currently possess between your beliefs and your behavior (authenticity). The higher total score, the more oriented you are toward partnership communication. The lower total score, the more oriented you are toward top-down communication.

TOP-DOWN PRACTICES

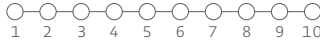
PARTNERSHIP PRACTICES

I have a habit of assuming a lot about what other people say.



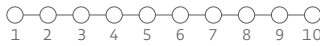
I listen to people without making assumptions.

I don't hesitate to give advice even if it is not requested.



I never give unsolicited advice.

Other people need to accept that my way is almost always the right way.



I seek others' opinions since they could easily have better ideas than mine.

Total Score

What surprises you? What pleases you? Are you where you would like to be? What would you like to change?

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