

# Equal**I**Ise

When we see **I** to **I** in our differences, it means:

I value myself and I value you. I feel equal to you.

I respect our differences even when we disagree. We both count.

Under pressure, it's easy to move from equal**I**Ise to Big **i** or little **i** behaviour. Choose one thing you can practise to make sure you stay in the equal**I**Ise zone.

Display this card to navigate your conversations



*withdrawing*

*self-doubting*

*passive*

*hesitating*

*avoiding*



**enabling**

**empowering**

**trusting**

**valuing**

**respecting**



**self-righteous**

**judgemental**

**disrespectful**

**criticising**

**controlling**

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Insights from today's resilience habit

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Intention for tomorrow

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