

BREAK THE CHAIN

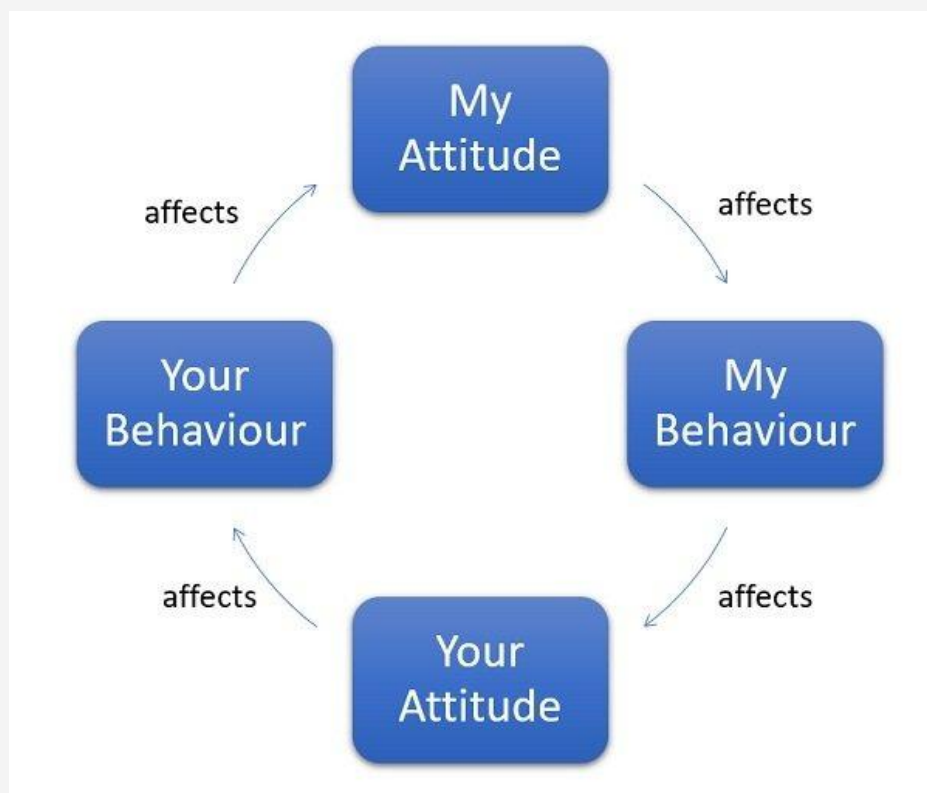
HOW YOUR ATTITUDE IMPACTS THE BEHAVIOR OF THOSE AROUND YOU

DEFINITIONS

Attitude - Collection of one's opinions, prejudices, and sentiments

Behavior - The manner of conducting oneself. The response of an individual or group to the environment

THE BETARI BOX MODEL



SCENARIO

GySgt Motivator feels anxious about turning in a good product (Attitude). He spends most of his day checking others' work and making sure they did it correctly. He is quick to point out mistakes, but rarely hands out praise. (Behavior). His staff resent his distrust in them (attitude). They stop making decisions for themselves, always checking in with Gunny (Behavior). This reinforces GySgt's belief that his people are not capable of independence (Attitude - full cycle).

BREAKING THE CHAIN

1) ACKNOWLEDGE THAT YOUR ATTITUDE IMPACTS THOSE AROUND YOU. IF YOU FIND YOURSELF ACTING IN A NEGATIVE WAY, EXPLORE WHAT THOUGHTS AND FEELINGS ARE FUELING THAT BEHAVIOR. NEGATIVE THOUGHTS DO NOT NEED TO LEAD TO NEGATIVE BEHAVIOR.

2) BE MINDFUL OF YOUR OWN PREJUDICES, BIASES, AND ASSUMPTIONS. SEEK CONSULTATION. BEWARE OF ANY SWEEPING GENERALIZATIONS.

3) CHOOSE HOW YOU RESPOND TO OTHERS. IF SOMEONE ELSE SAYS SOMETHING NEGATIVE, OR BEHAVIORS IN A UNDESIRABLE WAY, TAKE THE TIME TO PROCESS HOW YOU WANT TO RESPOND AND WHAT WILL BE MOST EFFECTIVE IN CHANGING THAT BEHAVIOR. PRACTICE EMPATHY, BENEFIT OF A DOUBT, AND THE GOLDEN RULE.

4) SOME PEOPLE WILL DISPLAY A PATTERN OF POOR ATTITUDE AND PERFORMANCE. TAKE THE TIME TO SIT DOWN AND TALK ABOUT IT. FIND OUT WHAT THEIR BARRIERS ARE AND WHAT YOU CAN DO TO HELP BEFORE ASSUMING THEY ARE LAZY OR UNINVESTED.