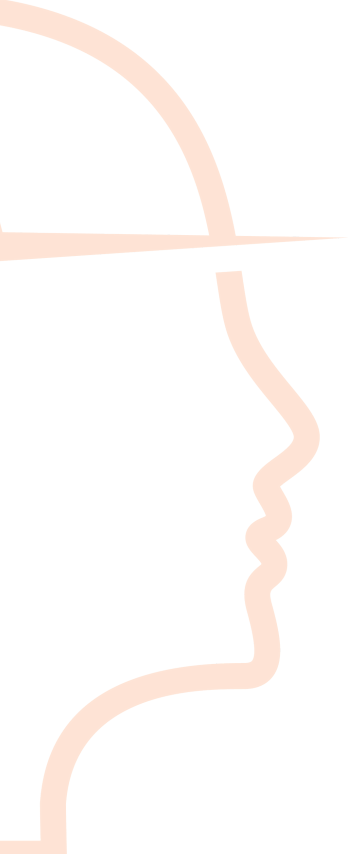


INTENTION VS. ACTION

Exploring the impact of your behaviour




We believe that people generally have good intentions. Even in arguments or conflict situations, we're all working with the best of intentions... To resolve the issue we're facing or achieve a specific outcome. Issues arise when we don't consider that our behaviour may not necessarily support our intention (or the outcome) in the best way.

Your intention doesn't mean a lot when your behaviour has hurt someone or negatively impacted on a situation. E.g. if you're a band leader, your intention may be to have the best band of players in the world. BUT if you try to achieve this by working them 20 hours a day and slamming them when they make a mistake, then no matter how good your intention is, you'll probably never achieve the goal of becoming the best band in the world.

That's why it's important to reflect on our behaviour, particularly when it's not getting the outcome you expected.

Reflecting on your behaviour

1. Think of a situation that didn't turn out how you planned.
 2. Take some time to reflect on what your intention was and how you behaved.
 3. Try to view the situation from the other person's perspective.
 4. Come up with some alternative strategies to change your behaviour and better reflect the intention you had in mind
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THE REAL HUMAN

What was the situation?	What was your intention?	What was your behaviour?	What was the reaction?	Strategy for future

FURTHER INFO

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