

## Putting a friend on your side

Imagine a friendly observer sat on your shoulder giving advice and guidance:

- Slow down before you react/speak
- Nothing to lose by assuming you're not being attacked
- Let's not explode like usual!
- How often has exploding helped in past?
- What's other person going to think/feel if you say this?
- How would you feel if someone said that to you
- How about complimenting rather than ripping them apart?
- Others (put down here)



TIPS: Friendly Observer technique works but like all skills r s  
repeated practice

Gradually you can hear the calming words coming from observer more and more often

Write the 8 Objective Observer advice points down on a card

## Module 6 - Setting some getting along better with others Imps

Remember – an implementation intention (or ‘Imp’) is a plan to yourself that can make you 3 times more likely to make a specific change in your actions

- EXAMPLE: IF someone criticises me

THEN I will try to stop there, leave and talk about it later

• IF .....  
THEN.....

• IF .....  
THEN.....

