

SAFE PEOPLE VS UNSAFE PEOPLE

EMOTIONS & BEHAVIOUR

SAFE PERSON

Regulates their emotions & thinks before they react.

UNSAFE PERSON

Chooses not to regulate their emotions & are impulsive.

DIFFICULT CONVERSATIONS

SAFE PERSON

Has difficult conversations without being offensive or name calling.

UNSAFE PERSON

Gets frustrated, rude & disrespectful when having difficult conversations.

NAVIGATING CONFLICT

SAFE PERSON

Respectfully & calmly navigates conflict.

UNSAFE PERSON

Defensively & aggressively deals with conflict.

CONFLICT

SAFE PERSON

During conflict, will focus on the present moment.

UNSAFE PERSON

During conflict, will be hurtful, brings up the past, keeps score.

COMMUNICATION

SAFE PERSON

Actively listens, asks questions, shows respect.

UNSAFE PERSON

Doesn't listen, talks over others, is self-centered.

RESPONSIBILITY

SAFE PERSON

Is self-reflective & will genuinely apologise.

UNSAFE PERSON

Takes no accountability for actions & must always be right.