

Behavioural Model (Above/Below the Line)

- What behaviours from the model do you use?
- Listen to the language you use for a clue.
- Above the line or below the line behaviour?
- How does this serve you?
- When do you go below the line?
- How do you get yourself back up above the line?

**ACCOUNTABLE
RESPONSIBLE**

When we deal in these terms we are being the adult, and feel in control of our lives

**BLAME
DENIAL
VICTIM
JUSTIFY**

When we indulge in these we are being the 'child' usually feeling out-of-control or powerless

TIP:

When you find yourself behaving in below the line behaviour, ask yourself ...

"What can take responsibility for here?"

"What am I responsible/accountable for here?"

"How can I be accountable for this?"

These sorts of questions will help you regain your power and feelings of control over the situation.