

BEHAVIORAL ARCHETYPES AT WORK

- Behaviors

shaming
blaming
judgment
scolding
criticizing
self-righteousness

Sounds Like/Feels Like

"That's not right."
"I'll just do it myself."
"Why would you think that?"
"Did you even listen?"
"You just don't get it."

PARENT
energy

+ Behaviors

nurturing
caring
compassion
guidance
coaching
celebrating
cheer-leading

Sounds Like/Feels Like

"Good job!"
"Let me show you."
"I'll take care of you."
"You'll get it next time."

COMMITMENT TO CONTRIBUTING TO A POSITIVE WHOLE

Demonstrates

resiliency
emotional regulation
empathy
boundaries
self-awareness
respect
connection

ADULT
energy

Sounds Like/Feels Like

"Help me understand."
"Here's my concern..."
"How would you feel if..."
"Let's talk about that."
"I really appreciate the way you..."

- Behaviors

acting out
fighting
comparing
dramatizing
resistance
deflection

Sounds Like/Feels Like

"You're wrong!"
"This isn't fair."
"I'm so stupid."
"I don't want to."

CHILD
energy

+ Behaviors

playfulness
innocence
curiosity
generosity
trusting
excitement

Sounds Like/Feels Like

"Yes! I want to!"
"Can we try...?"
"Why?"
"I need your help."