**RESILIENCY TRAINING Worksheet**

**Name**

**Part 2: RED Arrow Behaviors**

Q: How do I make it difficult for others to tell me the truth - in both big and little ways? Ways this goes wrong- too generic/high level. Or won’t list something that feels too “little”.

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| “Red Arrow” Behaviors  (avoidance behaviors, hostility to truth, body language, signal fragility…) | BIG WAYS  (big memorable events, blow outs…) |
|  |  |

**What are your RED ARROW behaviors?**

Red arrow behaviors are signals that we send to those around us, that tell others: “I don’t want to hear what you truly think.” In many of these cases, the signals are very subtle, and require an almost confrontational person to overcome. Below are common examples of red arrow behaviors, but each person is encouraged to come up with their own ways.

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**EXAMPLES OF RED ARROW Behaviors**

* I say “I’m trying my best”
* I say “I got it”
* I say “I’m good”
* I deflect my energy on to someone else
* I get defensive, frustrated – attack back
* I always try to explain myself (emphasize being understood first)
* I shut down (don’t say anything)
* I appear anxious, in my head and that holds others back
* Heavy conviction/authoritative in sharing my point of view
* I stay high level/generic responses
* I don’t share my real point of view
* I give very detailed explanations in order to show how much I know – I make other person feel stupid
* I give excuses constantly (portrayal of me as scapegoat)