

# Express emotions

I think, I feel, I need, I want



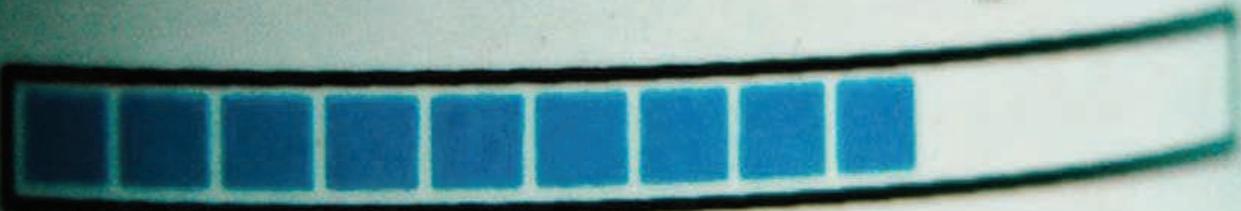
Keep talking, exploring and act !



Validation of farm women...



**Reaching out**  
make the first move



Thinking



**Delay Responding**

calm, collect your thoughts

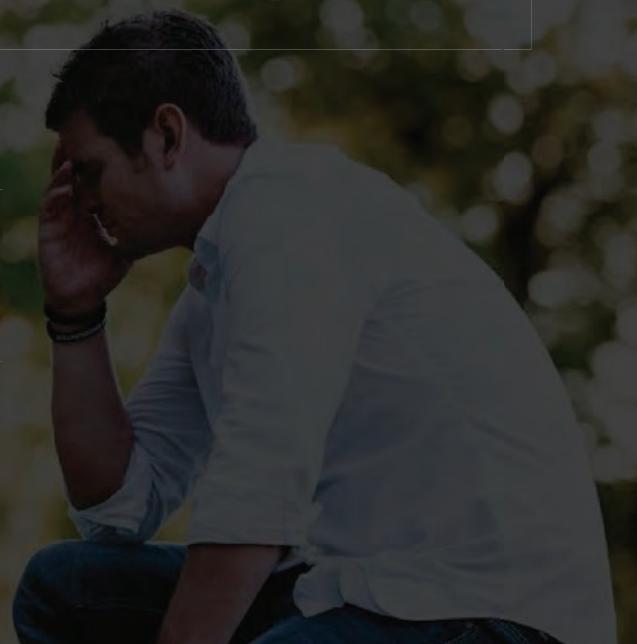


# Adapting

flexible, optimistic, readiness

## Constructive

- Perspective taking
- Creating solutions
- Expressing emotions
- Reaching out
- Reflective thinking
- Delay responding
- Adapting





# Destructive

responses to conflict

## Destructive responses

- Winning at all costs
- Displaying anger
- Demeaning others
- Retaliating
- Avoiding, hiding emotions
- Yielding, self-criticizing

1. TAKE CHARGE
2. Come from curiosity
3. Ask deeply
4. Play with possibility
5. Really listen
6. Ponder and perk, not prod
7. Cultivate trust
8. Respect boundaries
9. We all end up in a box
10. Extend the olive branch

[www.elainefroese.com](http://www.elainefroese.com)



**We want to hear from you!**

Send us your feedback from  
the event and stay  
connected.



# Winning at all costs

- what is essential
- compromise
- seek common ground
- work on the problem

# Displaying Anger

- understand your triggers
- stop yourself
- calm voice
- breath deeply
- focus on problem not person

# Demeaning Others

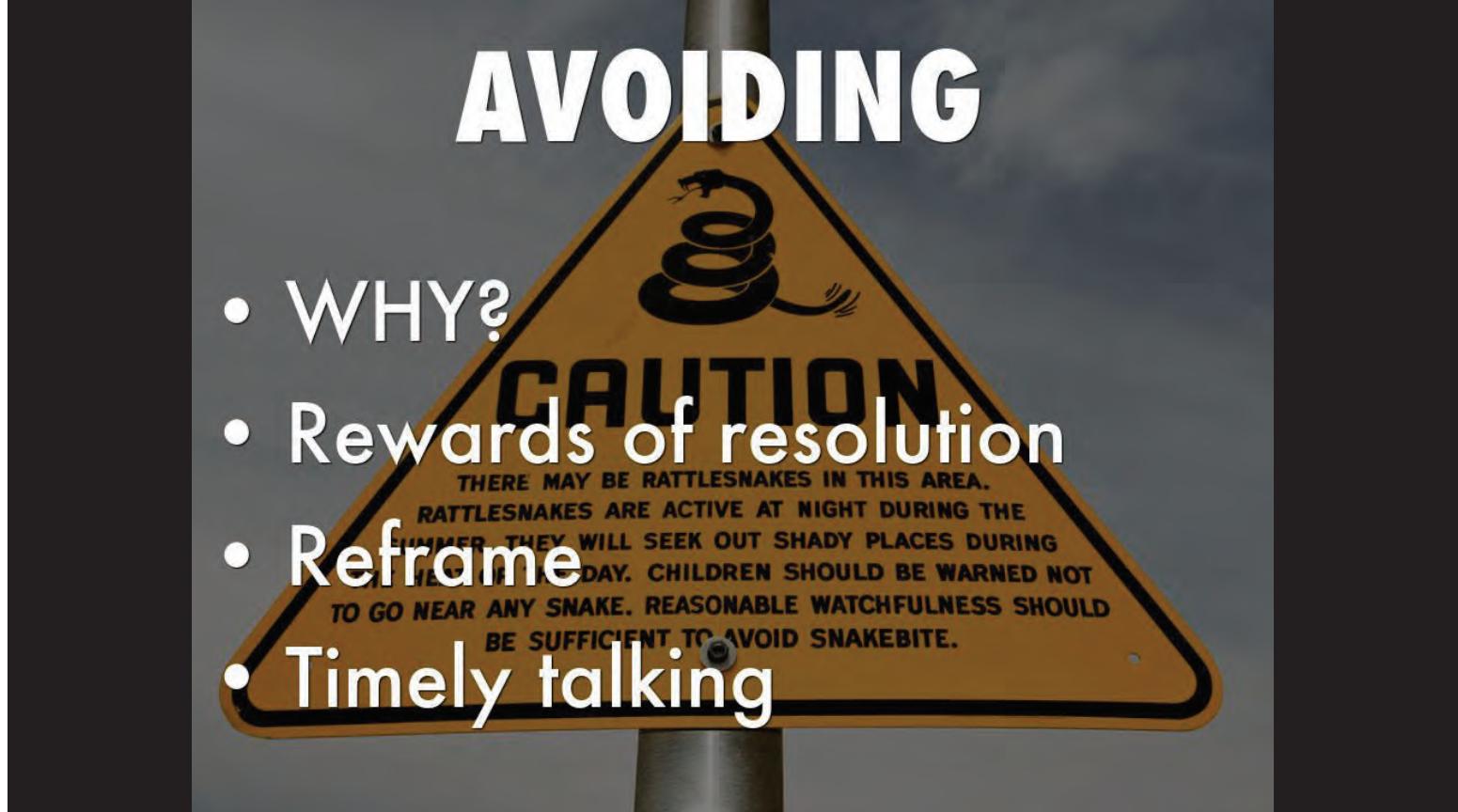
- watch body language
- give difficult feedback well
- like best, next time, like best

# Retaliating

- respond not react
- explain your hurt
- respect and forgive

# AVOIDING

- WHY?
- Rewards of resolution
- Reframe
- Timely talking

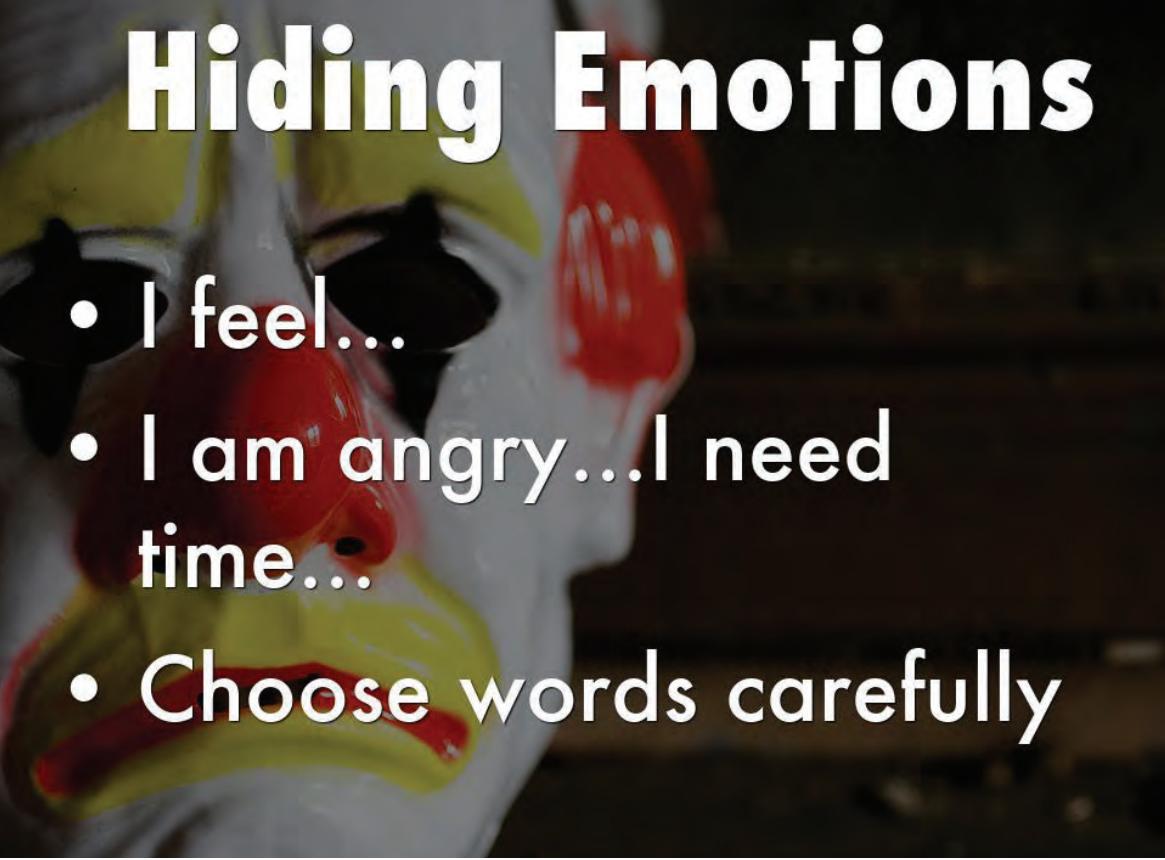


# Yielding

**YIELD**

- What do you want?
- What do you control?
- Anticipate responses

# Hiding Emotions



- I feel...
- I am angry...I need time...
- Choose words carefully

# Self-Criticizing



- reality check
- ask friends opinion
- better self-talk
- I can meet realistic expectations



# Hot Buttons

what ticks you off ?



# Abrasive

Is the criticism valid ?



# Aloof

Ask open-ended questions



# Hostile

Eye contact. Control your anger.





# Self-Centered

Share recognition. Question things.



# Unappreciative

Ask for what you need. Reward yourself.



# Unreliable

Deadlines. Organize. Code of conduct.

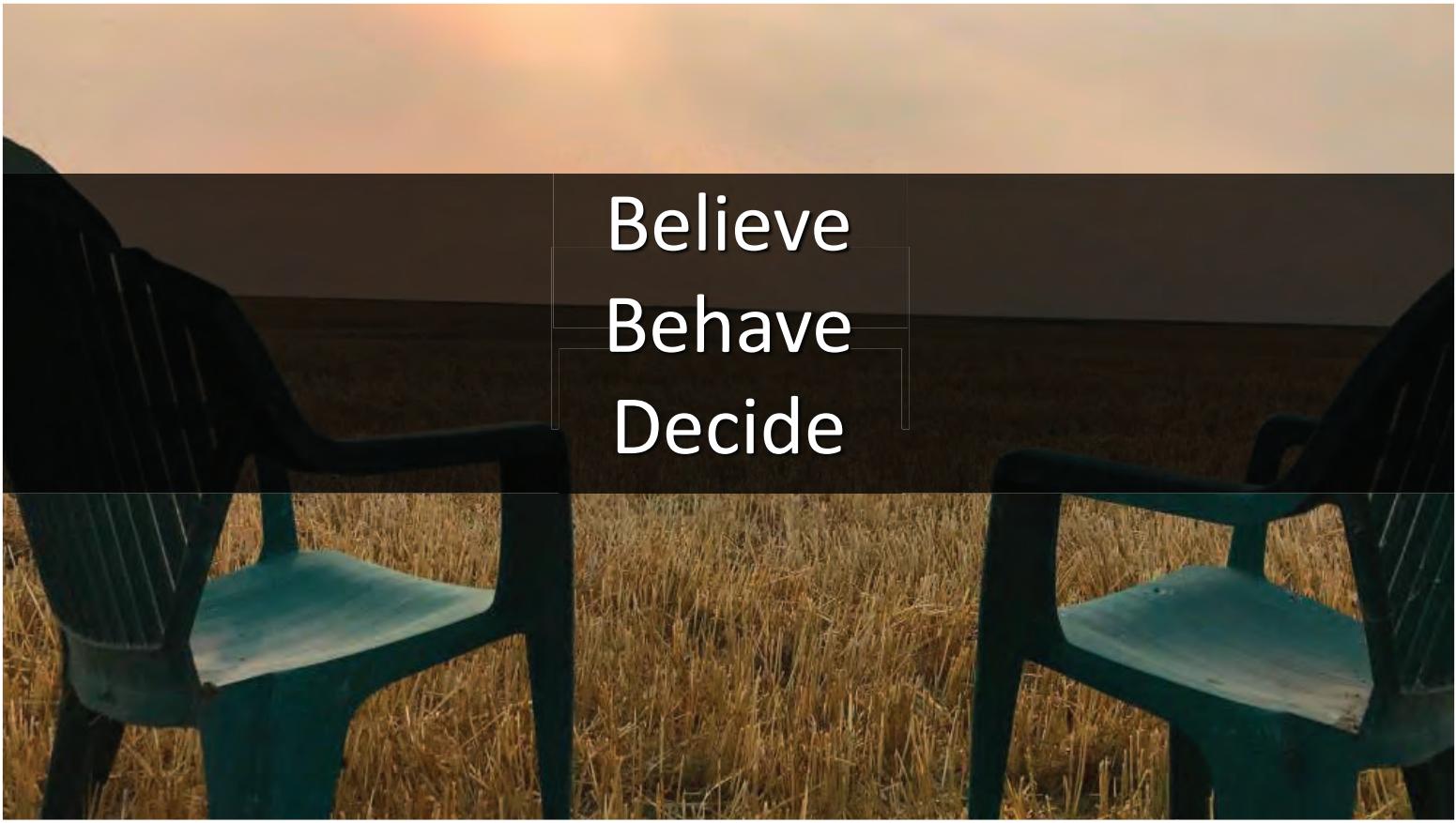


# Untrustworthy

Protect yourself. Document.



**You get the behaviour you accept**  
**create a great culture !**



**Believe**  
**Behave**  
**Decide**

Read NON-Violent Communication  
by Dr Marshall Rosenberg. Observe, Feel, Share  
Needs. Request Action



# When things don't work

- Necessary Endings :
- by Henry Cloud
- Signs it is time to go
- Being logical

# Focus & execute

Which hot button do you need to manage



Find harmony through understanding™

[farmfamilyharmony.com](http://farmfamilyharmony.com)

