Rescuer

(Caring mindset)

- Takes away responsibility
- Comforts
- Jumping in to fix things for others
- Goes easy on people

Mature

(Equality mindset)

- Looks for solutions together as equals
- Provides feedback
- Focusses on the problem, not the person
- Clear and empathetic communication

Mole

(Avoidance mindset)

- Gives up
- Let things go without addressing the issue
- Thinks: 'it doesn't matter'
- Failing to set boundaries

Moralist

(Judgemental mindset)

- Accuses others
- Presenting personal opinions as facts
- Communicates in an aggressive or judgmental way
- Speaks in terms of right and wrong

LOW



Goal – say what you see, think, and feel



High

