



## **Red Hot Tip From Bruce Sullivan**

### **Judge Intention NOT Behaviour**

Are you a behaviour junkie? Because behaviour IS the highest form of communication, you could be forgiven for being so. When you see a behaviour that you either don't agree with and or bothers you, how do you respond?

My daughter has special needs (we all do actually) and as a result has a lower muscle tone than a typical kid. I watch her remove the full three litre milk container from the fridge. I watch as she retrieves a glass cup and places it gently on the bench. The lid is taken off and she begins to pour. Nervous yet? How do you respond when barely any lands in the glass but rather all over the bench and is now dripping into the floor?

It would be easy to be caught up in the behaviour as opposed to judging the intention. I grew up with... "(yelling) I've told you kids once I've told you a thousand times... for goodness sake... look at this mess you idiot... I've told you not to do this on your own..."

What if you were the kind of person who was emotionally mature enough to judge the intention of that child, not the behaviour?

She was actually developing independence. She was practicing pouring. What she now needs to learn without someone yelling at her is cleaning up skills!

My son jams his finger in the door trying to create a time gap so he can find a better place to hide whilst playing Hide and Seek with Tommy. Two options now exist. One option is to get caught up in the behaviour. "(yelling) I've told you kids once I've told you blah blah blah..." or option two is to judge the intention. He was creative problem solving whilst playing. What he now needs to learn is First Aid. I know which one will add the most value and take me closer to a Red Hot Relationship. I want my son to learn that if he is creative problem solving and it doesn't work out exactly, that's OK. Let's problem solve the resultant disaster together. I don't want him to learn that every time you creative problem solve and it doesn't work, then you get your head ripped off.



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*Red Hot Relationships*

**Action...**

1. Go voyeur for a while. Watch and listen to people you live or work with get angry over other peoples behaviour. Learn as much as you can about the situation and see if you can discern the intention of both parties.
2. Then catch yourself the next time another person's behaviour is really annoying you and do your best to discern just exactly what their intentions were. If you are not sure, ask them, "Just out of curiosity, what are your intentions for doing what you are doing right now? What are you hoping will happen as a result of what you are doing?" Good luck and don't get hit!

Once you master this skill, you will be amazed at how much more relaxed your world becomes, how your problem solving skills will increase and how your relationships will improve dramatically.

***We hope you enjoyed the read. If you would like some more information on how to book Bruce to speak at your next convention or workplace seminar please contact Claire on +61 7 3268 3111.***

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