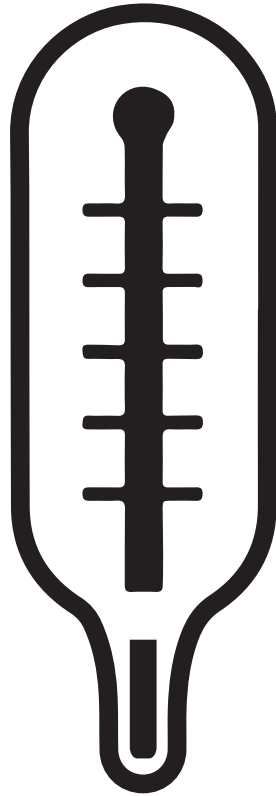


MODEL THE OPEN THERMOMETER

What is my emotional temperature on a scale of 1–10? _____



Am I *open* to seeing things from multiple perspectives? _____

Is there a *balance* between the need to take action and reflection? _____

Am I able to feel *empathy* for both myself and the others involved? _____

Am I sincerely *curious* about the mental states behind the behaviour? _____

Do I have the time and *patience* to do this properly? _____