

TIPS TO HELP WITH RELATIONAL BALANCE WITH LIONS

Develop some "soft sided" traits

Take others into consideration before making decisions

Show patience and be more kind and gentle

Display sensitivity in your words and actions

Allow and encourage deliberation and discussions

Ask for your spouse's opinion. Romance your spouse

Speak up about your own thoughts and feelings, but make sure this is done without blaming or attacking

When communicating with lions: give them the bottom line, be brief, focus your discussion narrowly, avoid making generalizations, refrain from repeating yourself, and focus on solutions rather than problems.

TIPS TO HELP WITH RELATIONAL BALANCE WITH GOLDENS

Assert yourself and ask for what you want

Accept that it is okay to express anger

Develop the ability to confront others

Promote yourself and the good work you do

Learn how to say "no"

Don't run away during conflict. Instead, see conflict as an opportunity to get closer to the ones you love

Learn how to quickly adapt to change or unclear expectations

When communicating with Golden Retrievers: be personable and amiable, express your interest in them and what you expect from them, take time to provide clarification, be polite, and avoid being confrontational, overly aggressive or rude.

TIPS TO HELP WITH RELATIONAL BALANCE WITH BEAVERS

Face your feelings and emotions

Learn how to open up and express how you FEEL about certain things, not just what you THINK about them

Deal with human relationships and develop better people skills

Join in at social events and celebrations

Let go of tasks and delegate—it will be okay

Be more self aware and compromise sometimes for the good of the team

Make quick decisions sometimes, even if you don't have all the facts

When communicating with Beavers: focus on facts and details;
minimize the “pep talks” or emotional language;
be calm, patient, persistent and diplomatic

TIPS TO HELP WITH RELATIONAL BALANCE WITH OTTERS

Adopt healthy boundaries

Learn how to say “no”

Deal with reality and try not to sweep things under the rug

Engage with people and avoid the “self defense” desire to hide and avoid close connection

Try to overcome feelings of helplessness. Believe that difficult problems can be resolved and engage more with your spouse to resolve them

Follow through completely.

Research all the facts

Speak directly and candidly.

Stay focused for longer periods of time

When communicating with Otters: share your experiences,
allow them time to ask questions and talk themselves,
focus on the positive,
avoid overloading them with ‘fine print’ details,
and don't interrupt them.