

Jackie Furey presents

A check up from the Neck Up

TLC

Tough & Loving Conversations!

Tough & Loving Conversations

My **Thoughts** create my relationships

My **Feelings** 'drive' my relationships

How I think and feel determines my ability
to have **TLC** with other people and myself!

Exercise:

Think of a situation that causes you to feel upset.

Give it a rating out of 10. Try and aim for a 5 or over.

Discuss with your partner/group exactly what the behaviour is that causes you to become upset, how you react and why.

Exercise:

NOW

Discuss your ideal solution to this issue becoming resolved.

Who and what needs to change and how?

TLC – Tough & Loving Conversation.....

“Other people will always be better at being whom they are, than we will ever be at changing them!”.

**Power
Under**



Shame full



**Falsely
disempowered**



Less worthy

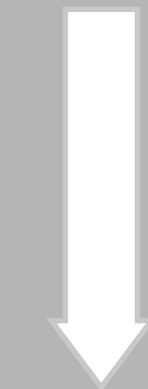
**Power
With**



Humility



Empowered



Worthy

**Power
Over**



Shame less

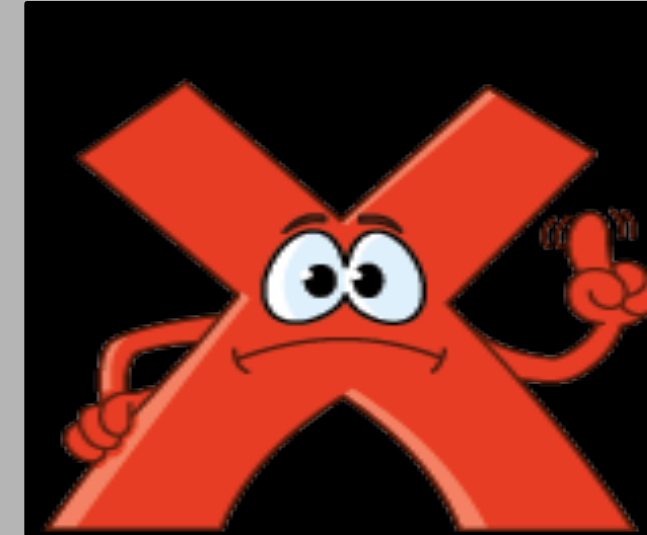


**Falsely
empowered**



More worthy

Setup



Unknown

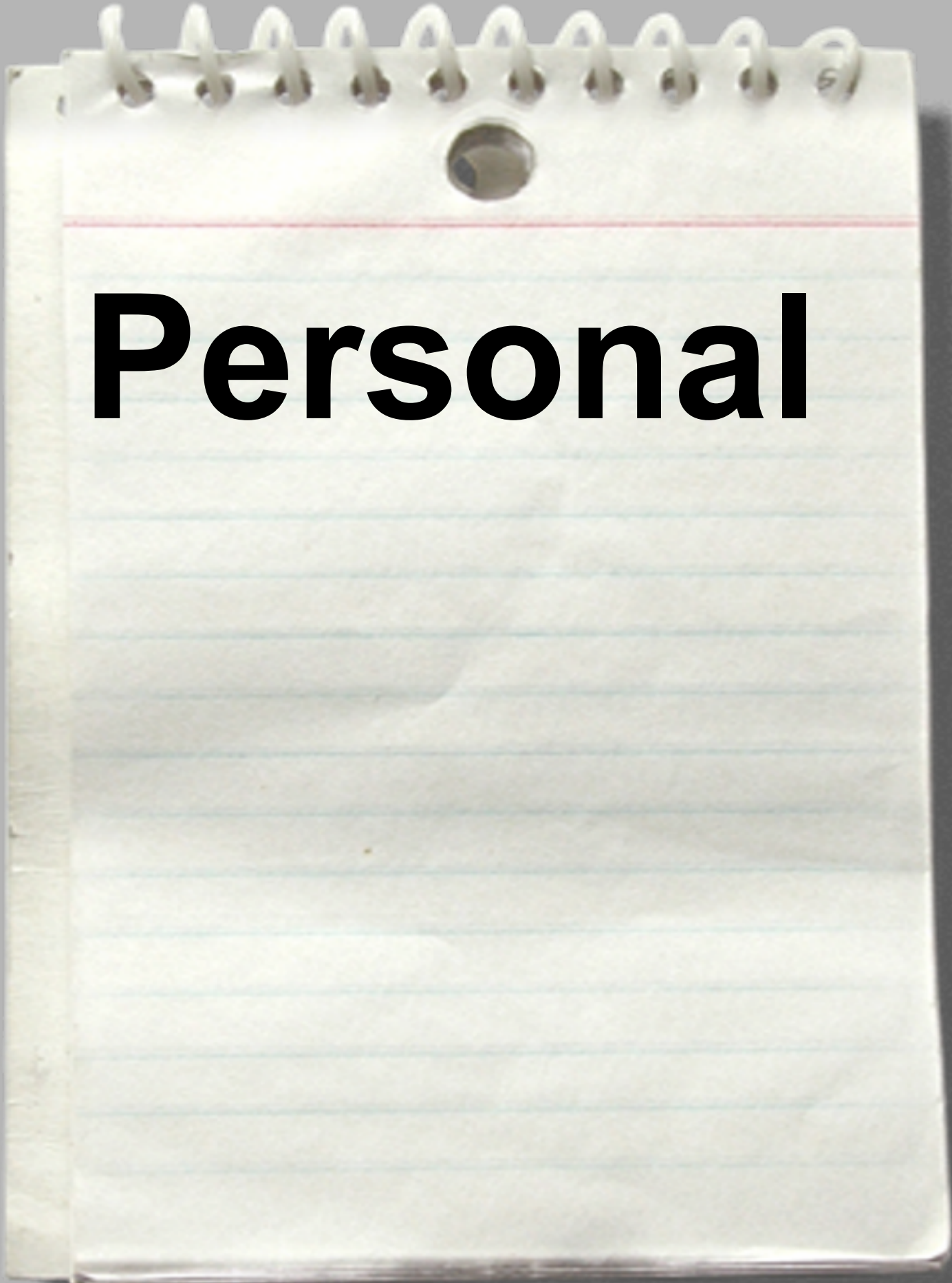


Comfort

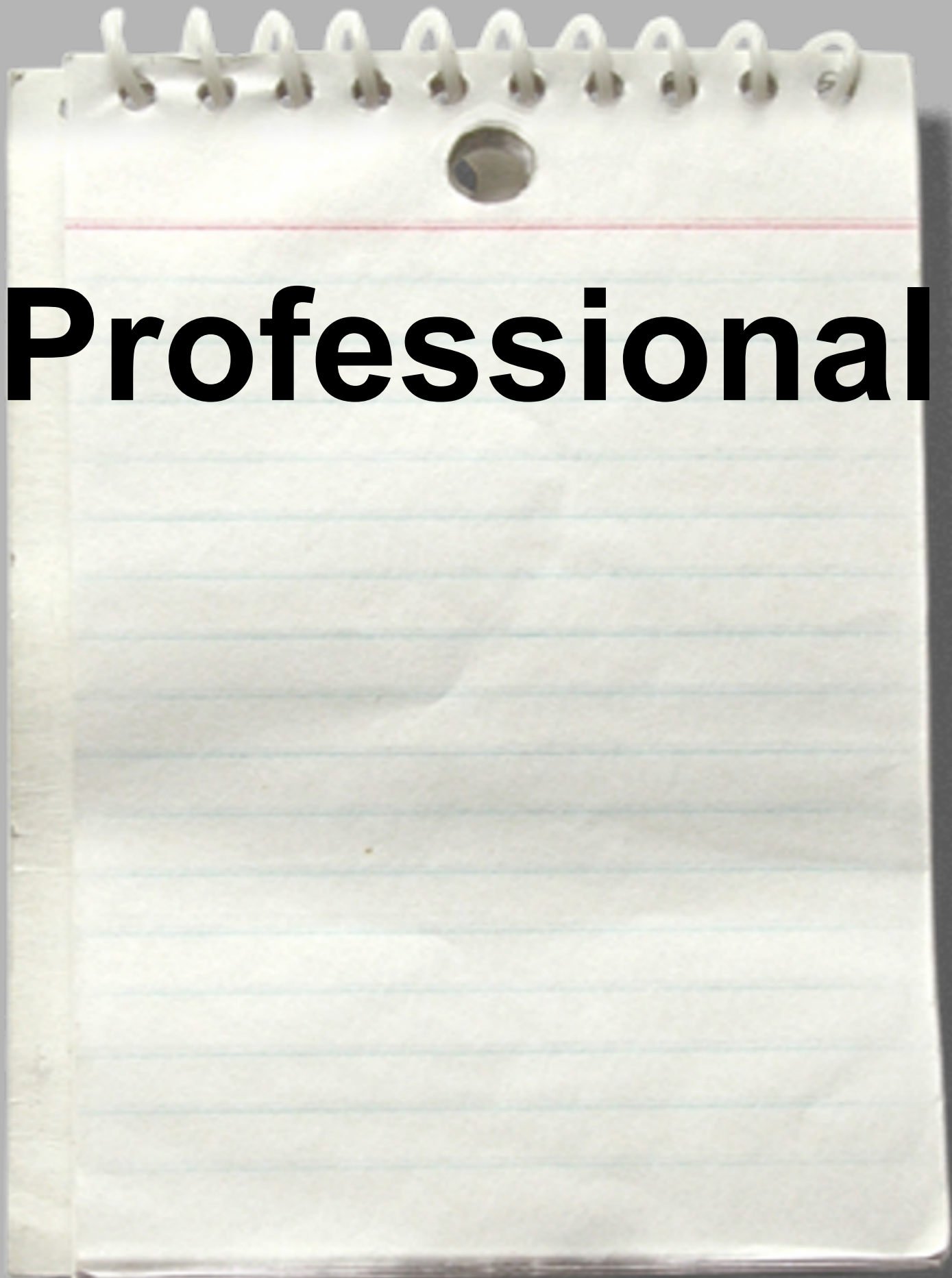


Zone

Clarity Exercise



Personal



Professional

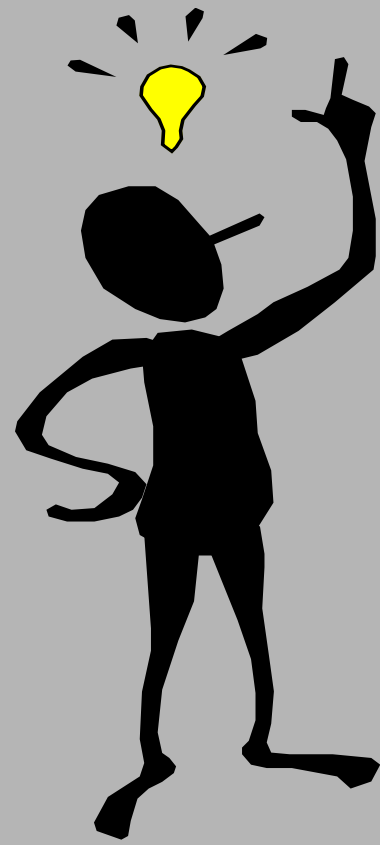


Action

Living 'Life above the line'.

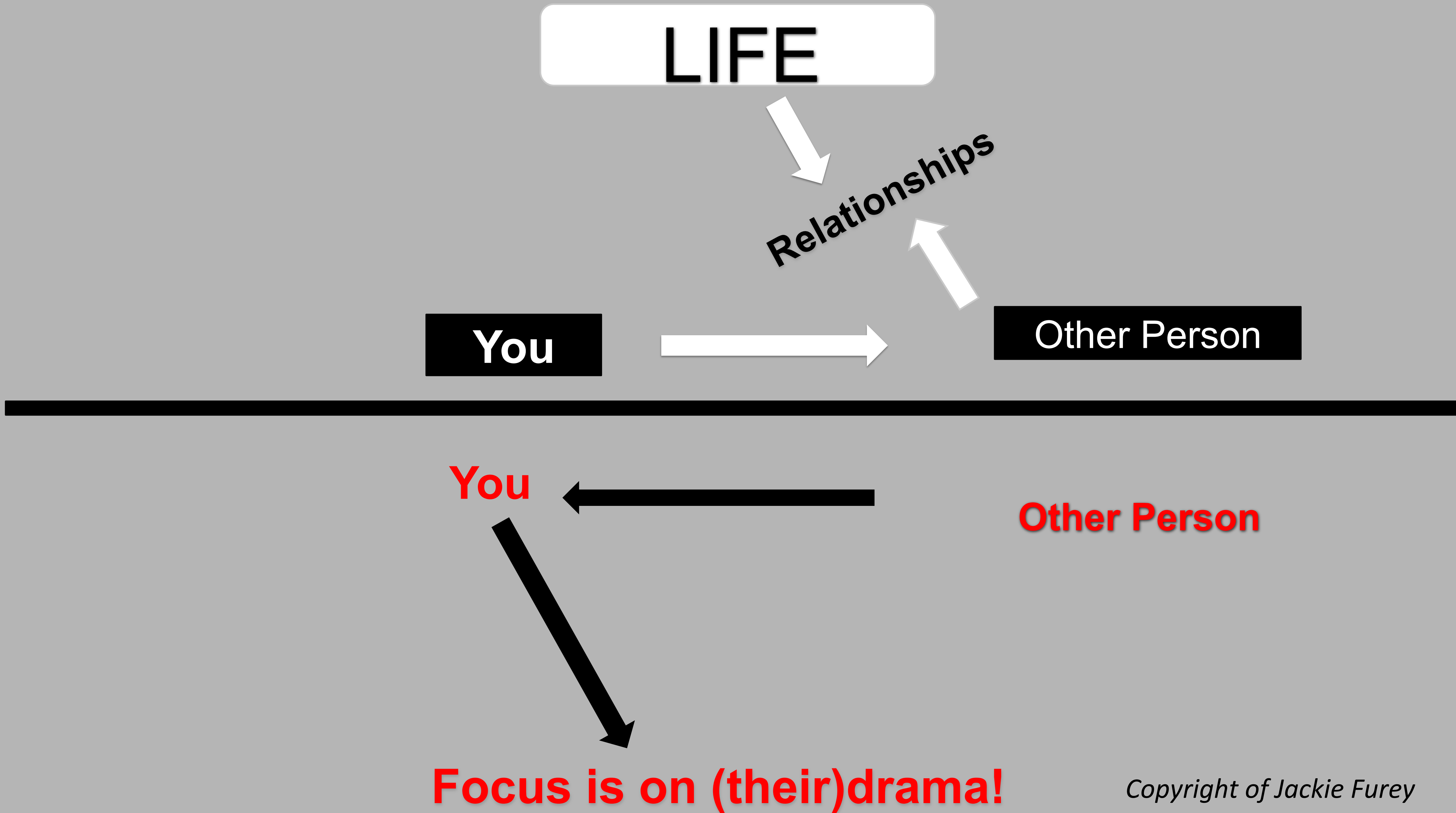
The cornerstone of living '**life above the line**' is the willingness to accept responsibility for how we think, feel and act. When we hold ourselves accountable and responsible for who we are and what we do it is easier for us to hold others accountable and responsible.

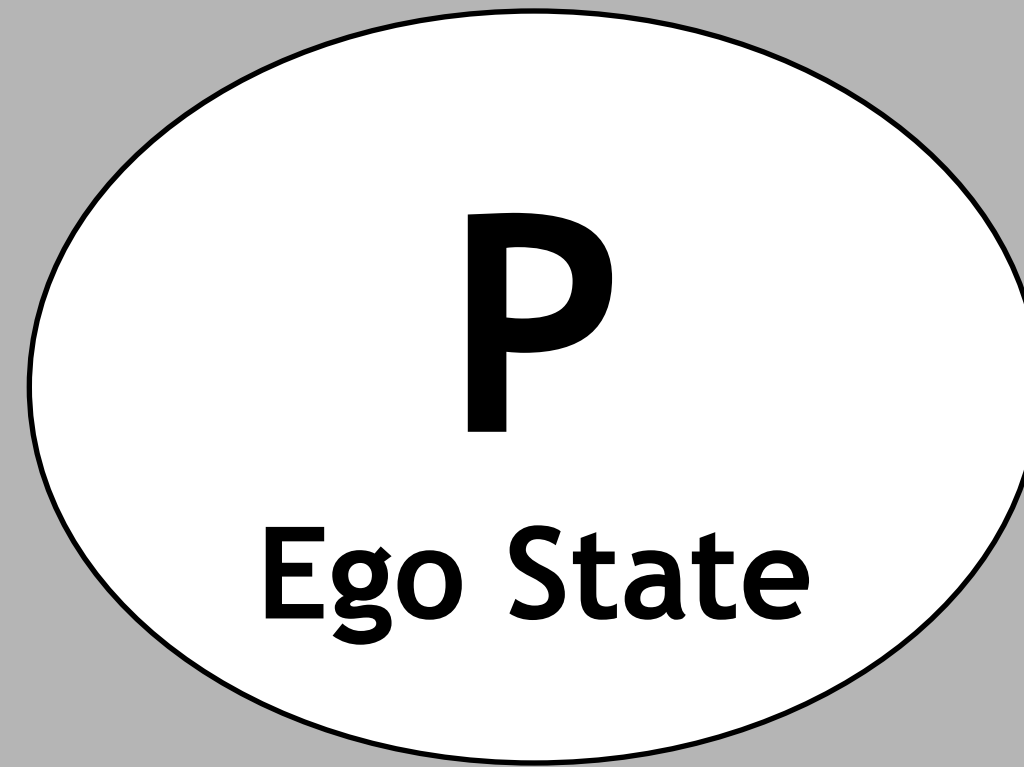
You choose how to live your life



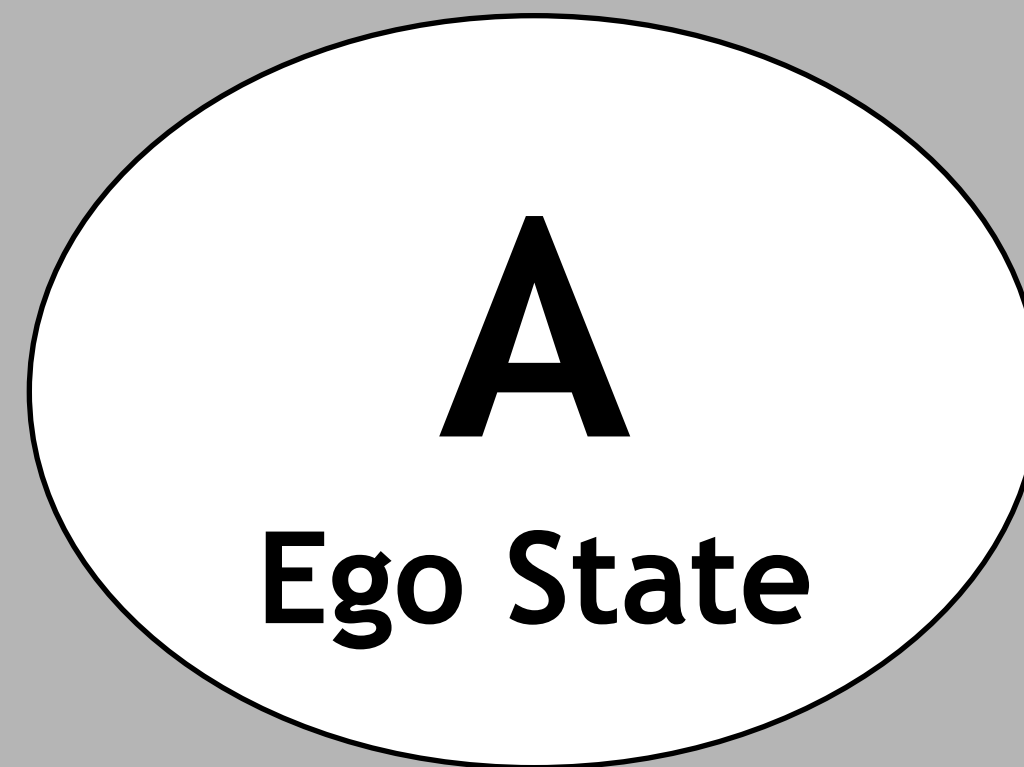
Live Your life above the line



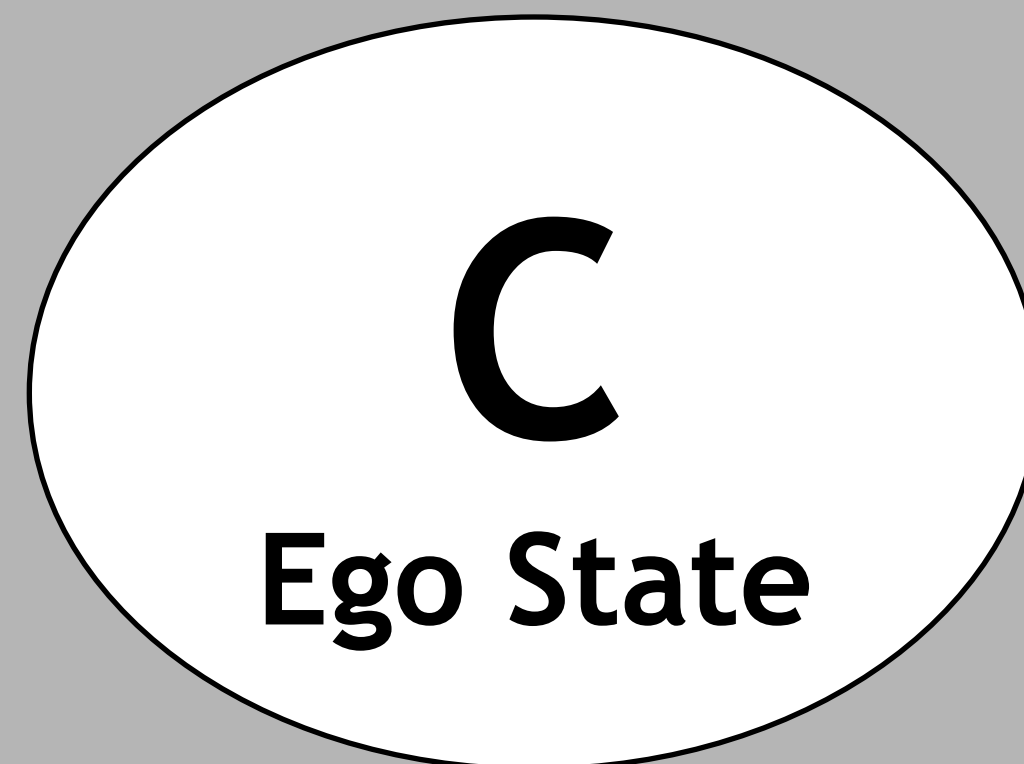




Taught



Thought



Felt

Negative Control

P
Ego State

Positive Control

A
Ego State

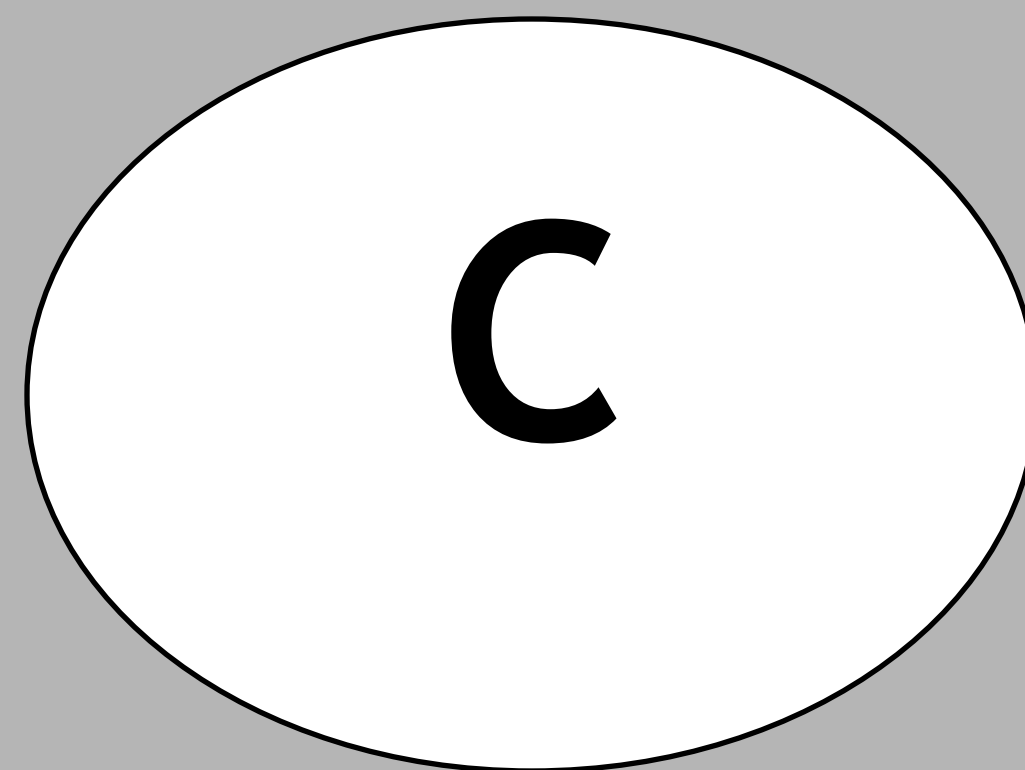
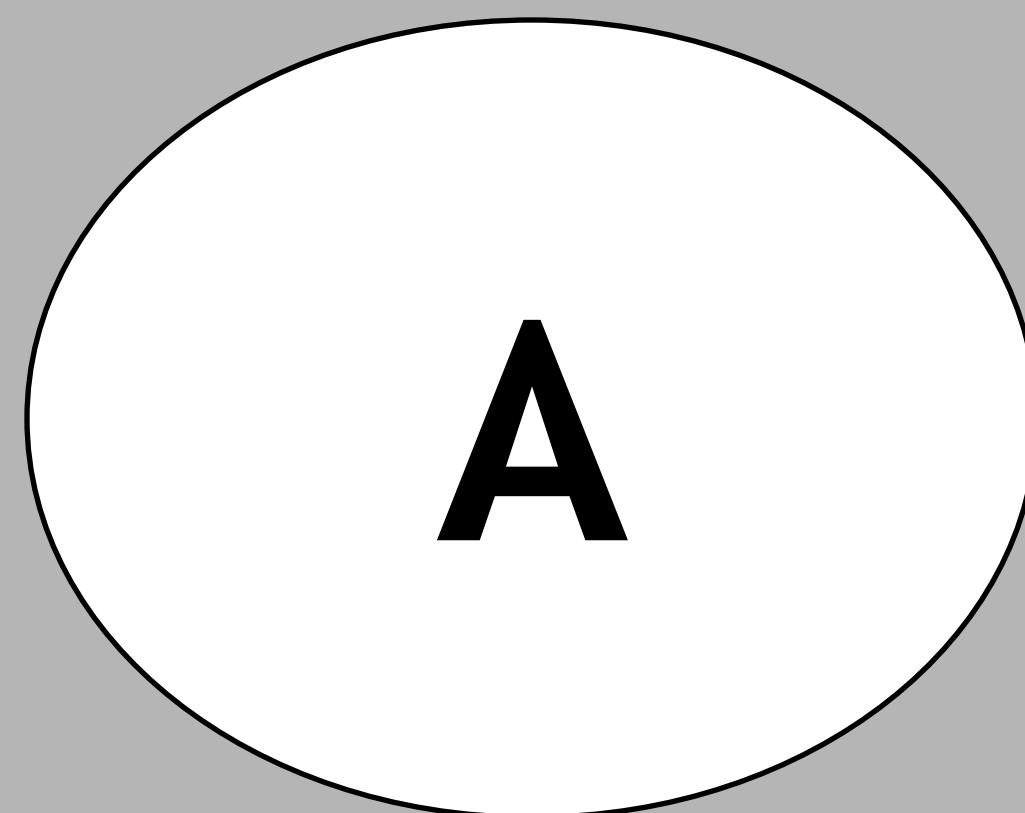
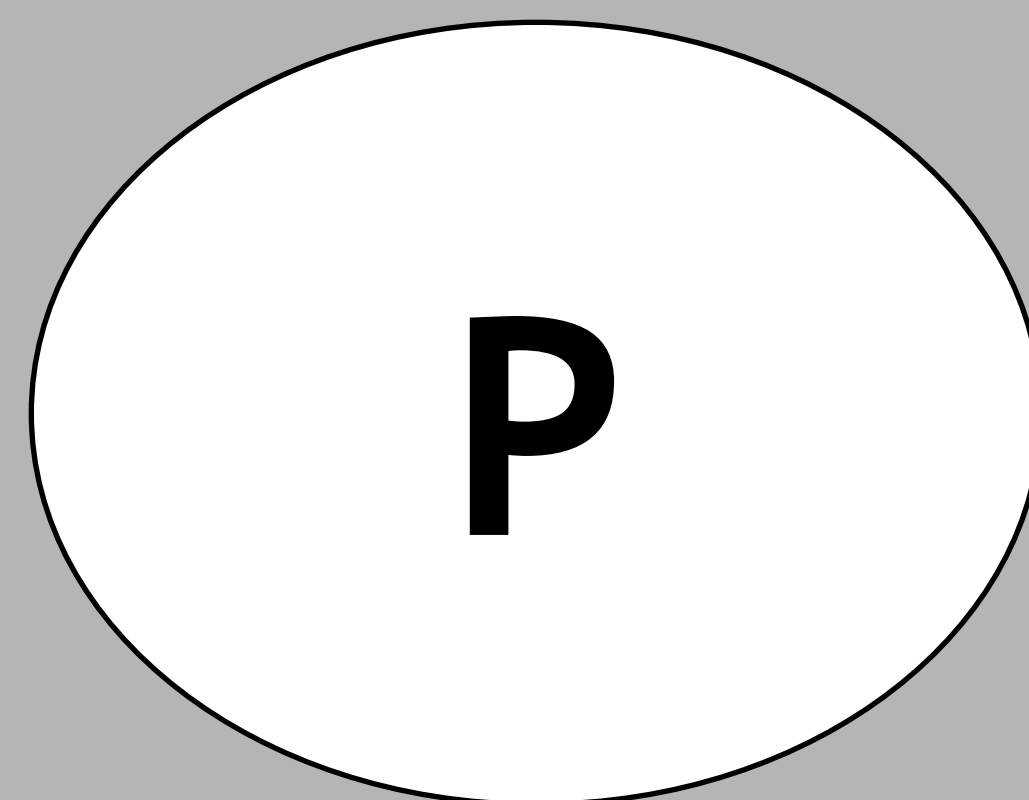
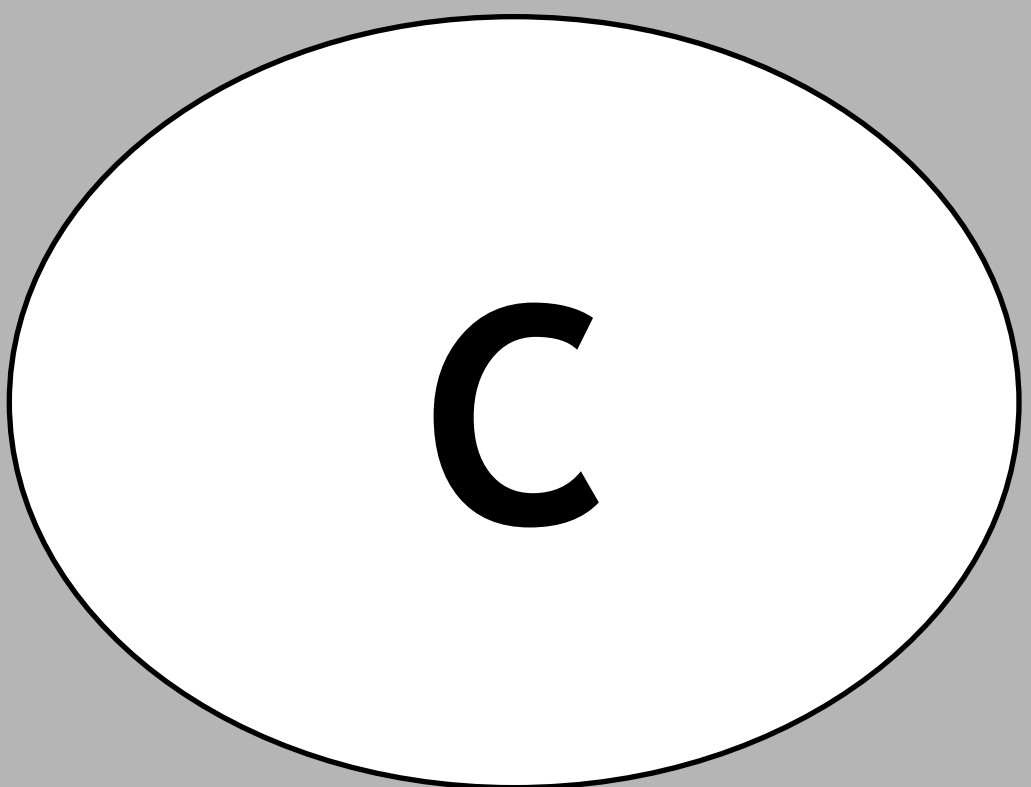
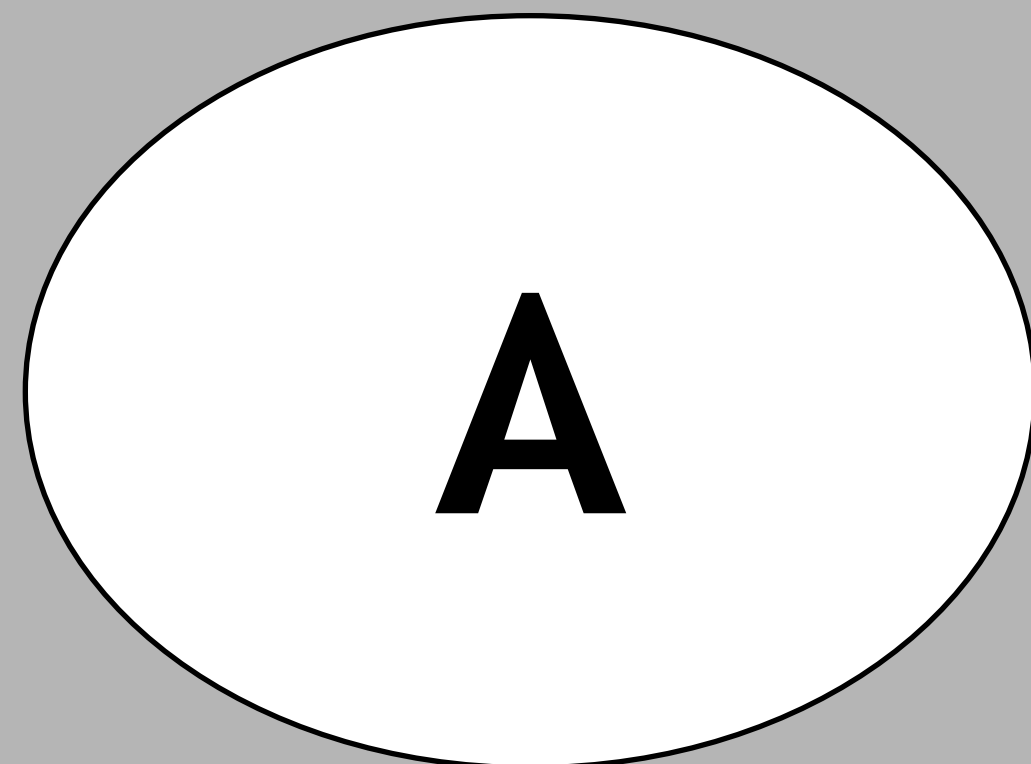
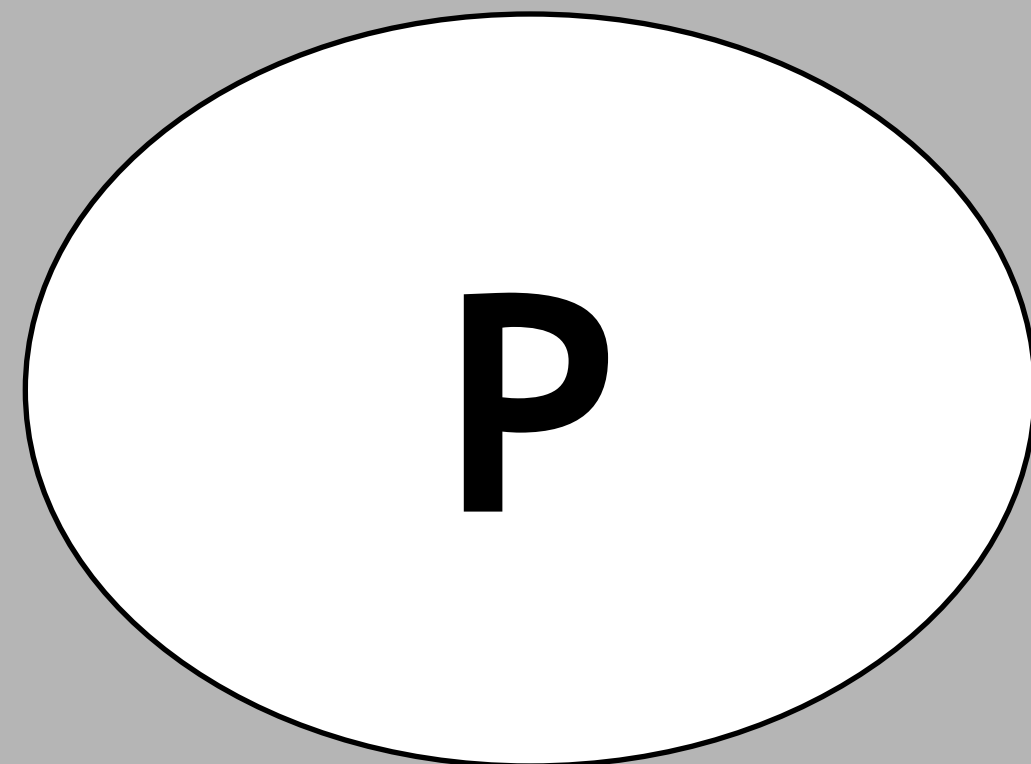
Authentic Self
IQ EQ

Compliant Child

C
Ego State

Rebellious Child

Authentic Child
Feelings
Needs / Wants
Talent
Creativity
Energy



Self Care

My Needs?

Fuel.....

My Wants?

Rewards.....