

7 Steps to “Making Good”

Apply the following 7 Steps to shift from “Making Bad” to “Making Good.”

Step 1-Pause

Step 2 - Vent

Without Sorting

- What happened?
- Your thoughts
- Your feelings

Step 3-ABCs

Sort what you vented above using the ABCs or use the SFP chart (“Making Others Good” Canvas)

A - Activating Events

B - Beliefs & Thoughts

C1 - Emotions

C2 - Behaviors

Step 4A-Humanize the Other

How are my beliefs and behaviors inflating their flaws and weaknesses?

Step 4B-Humanize Myself

How are my beliefs and behaviors inflating my qualities and contributions?

Step 5-Empathize

If I were in their shoes, what would lead me to behave the way they do? Any additional factors I am not paying attention to?

Step 6-Clarify My Intention

What conscious goals do I want to focus on that are more compelling to me than being right?

Step 7-Act

What habitual behaviors can I stop? What underutilized behaviors can I start?