

Choice Map™

We choose moment by moment

Anything that impacts us at any moment
Thoughts Feelings Circumstances

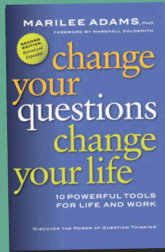
START

Choose

Learner Mindset

Judger Mindset

React



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JUDGER PIT

Why am I such a failure?
Why are *they* so stupid?
Why bother?

Whose fault is it?

What happened?
What do I want?
What are the facts?

What assumptions am I making?
What can I learn?

What are they thinking, feeling and wanting?
What am I responsible for?

What are my choices?
What's best to do now?
What's possible?

LEARNER

- Thoughtful Choices
- Solution Focused
- Win-Win Relating

SWITCH
Ask Learner Questions to Avoid Judger Pit

Switching Lane

JUDGER

- Automatic Reactions
- Blame Focused
- Win-Lose Relation

What's wrong with me?
What's wrong with them?

