



TAKE CONTROL OF THE DRAWBRIDGE

Sometimes keeping track of when and why your defences go up can be helpful. Here are a few questions you could ask yourself if they make an appearance:

WHAT HAPPENED JUST BEFORE YOUR DEFENCE MECHANISM KICKED IN?

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WHAT HAPPENED JUST AFTER?

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NOW IMAGINE YOUR DEFENCES WEREN'T TRIGGERED BY THE CONVERSATION OR INCIDENT. WHAT WOULD YOU HAVE SAID AND DONE DIFFERENTLY?

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WHAT DO YOU THINK MIGHT THEN HAVE HAPPENED INSTEAD?

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