



## Understanding Behaviours

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## ***The Mouse***

### *Passive Behaviour*

#### **Description**

This is when you let other people or situations decide what you do, and not letting them know how you will really feel about

#### **Short-term Outcomes**

- Friction and conflict is avoided
- Can feel generous and sacrifice yourself for the greater good
- Feelings of frustration and helplessness
- Resentment of yourself and others

#### **Potentially longer term outcomes**

- Build up of resentment creating physical symptoms (e.g. stress, headaches, chronic pain)  
Build up of resentment creating mental symptoms (depression, chronic fatigue)
- Inability to make decisions or express emotions
- Reputation of being unpredictable (always bending to others so stance on things)
- Reputation of being spineless
- Reputation of being easy to get along with you ( of course you avoid confrontation at all costs)

#### **How the mouse handles other styles**

- The mouse will be easily manipulated by the snake. The mouse will be terrified of the bull. The mouse will be brought out of its shell by the King.



## ***The Bull***

### *Aggressive Behaviour*

#### **Description**

Aggravating, over-reacting, bullying or dominating type behaviour can be categorised as *aggressive* behaviour.

#### **Short-term Outcomes**

- Feelings of power and satisfaction
- Relief at expressing pent up feelings
- Feelings of shame, disappointment and embarrassment

#### **Potentially longer term outcomes**

- Destruction of relationships
- Avoidance by other people
- Lack of inner peace

#### **How the bull handles other styles**

The bull will dominate the mouse. The bull will struggle with the snake and will get angrier. The bull will be brought down to earth by the King



## ***The Snake***

*Passive- Aggressive Behaviour*

### **Description**

This is when you manipulate the situation to get what you want. Techniques would include saying yes and doing otherwise, spinning situations, pretending and making excuses.

### **Short-term Outcomes**

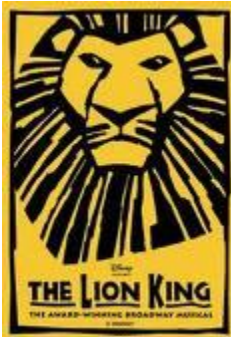
- Feelings of power and success
- Desired outcome achieved
- Feeling of dishonesty and sneakiness
- Chance of being misunderstood

### **Potentially longer term outcomes**

- Relationships built on deceit and manipulation
- Web of dishonesty to cover past deceptions
- Reputation of insincerity and deception
- Feelings of helplessness and frustration

### **How the snake handles other styles**

The snake will easily manipulate the mouse. The snake will be able to trick the bull. The snake will be threatened by the King who can easily expose him.



## ***The King***

*Assertive Behaviour*

### **Description**

This is when you are able to express your true feelings, both negative and positive, without apology. You say what you mean in an honest, direct and appropriate / constructive style and in a manner that does not violate someone's rights. You have the confidence to say what you want /need and repeat it until heard.

### **Short-term Outcomes**

- Some conflict between you and others especially if they are not comfortable or find assertiveness threatening
- Feelings of doubt about your right to assert yourself
- Feelings of self respect and confidence
- Honesty in relationship with others

### **Potentially longer term outcomes**

- Relationships based on honesty and mutual respect
- Personal relationships terminated when not based on honesty and mutual respect
- Feelings of confidence, authenticity and independence

### **How the king handles other styles**

The king will support the mouse. The king will depower the bull. The king will show the snake its true colours.