

Above/below the line

When we take action, accountability, responsibility, and have openness in our communication and in our relationships, we stand to create higher levels of positivity for ourselves and others. Operating 'above the line' has an affirming impact and moves people toward reward states. Being above the line increases the likelihood of effective and constructive communication.

ACTION DISCERNMENT

RESPONSIVE DECISIONS

ACCOUNT

RESPONSIBILTY

FOCUS ON SOLUTION

OPTIMISM OPTIMAL THINKING **OPENNESS**

BLAME

JUDGEMENT

EXCUSE

DENIAL

REACTIVE DECISIONS

FOCUS ON PROBLEM

PESSIMISM

DEFENSIVENESS

SUB-OPTIMAL THINKING