

Green

I Count - You Count

I am willing to compromise.

Green is about counting myself at the same time I count you.

I value your needs and wants equally to mine.

Green takes a problem solving, collaborative approach.

When I have Green Thinking . . .

I take the time to know how I think and feel, at the same time being curious how you think and feel.

I want to let others know about me, and I want others to tell me about themselves.

I believe others are entitled to their opinions even if they are different from mine.

I apologize and take responsibility for my mistakes.

I don't want to make choices that are harmful to me or others.

Red

I Count - You Don't Count

I want my way. No compromise.

Red is about "me first, you later".

"I Count" part is NOT the same as Green's I Count.

Red can be a chameleon (act differently in different situations when it suits my purpose).

Red thinking is not focused on collaboration or problem solving.

When I have Red Thinking . . .

I think I know better.

When I think this way I may not listen to others and think things should be done my way.

I am focused on only getting my needs met.

I do not take care of long term needs just immediate needs.

Blue

I Don't Count- You Count

No compromise. I give whatever you want.

Blue is about putting other people first. I come later, if at all.

More time is spent getting to know and care for others than for myself.

Blue pleases others and disrespects themselves.

When I have Blue Thinking . . .

I believe others' criticism and think others always know better.

I don't believe my opinions matter or have value compared to others.

I believe I am there to serve you so that you can feel good about yourself.

Purple

I Don't Count - You Don't Count

No compromise. We do whatever we want.

In Purple nobody counts. I don't value myself or anyone.

Purple is not a helpful attitude because when someone is thinking this way, no effort is made to co-operate, solve problems, and help others.

When I have Purple Thinking . . .

I do not accept responsibility for my choices.

I am not goal orientated or solution based.

I know there are problems and do not try to fix them.

I may not acknowledge your efforts or successes in trying to problem solve.