

# REPLACING FRUSTRATION WITH CURIOSITY

From pg. 42 of *Four Patterns of Healthy People* by Matt Norman

Where do I frustrate others...	What curiosity question could I ask when they show frustration...	What outcome would I hope for by being curious rather than defensive...
Ex. <i>Showing up late.</i>	<i>How do you wish I would have communicated with you?</i>  And even deeper...  <i>What message does it send you when I arrive late like this?</i>	<i>The other person feels heard and understood.</i>

Schedule a Keynote or Coaching Sessions.

Visit <http://mattnorman.com/contact>