



Cirkel Behavioural Patterns

The centre of the circles is Behavior Patterns. Those stipulate the way in which we communicate; e.g.: with family, friends colleagues and strangers.

Communication regarding a single subject includes speaking, judging and arguing from all three circles simultaneously. To which extent we agree or disagree with each other depends on the “circles-content” of those involved in the communication.

The way you communicate coincides with your unique circles. The more determinedly you convey your points of view, the more you are dependent upon or connected with *your* ballast the ideas, judgements and convictions. The less stubbornly you hold on to your ballast, or if you are less influenced by the circles, the more open you are for other points of view. Discussions with others become easier and uncomplicated and you can grow as an individual.

Also a part of the ballast created by one of the circles can be the subject of conversation. This can be the grimmest of discussions because the fundamental values &/or principles of the participants can be called into question. Suppose you throw ballast of this circle overboard, how do you then adopt a position concerning that circle or a related subject?

At this moment I communicate with you. You have a judgement concerning what you have just read, that arises from your ballast. Isn't it much more interesting to investigate which circle created your ballast and therefore your judgement, then the judgement itself?