



3. BEHAVIOUR

The behaviour has a variety of responses presented by people at certain stages of development. Behavioural factors include a person's perspectives, understanding, heredity, one's education, cultural norms, principles, community, religious preferences, if and how influenced by authority and people.

A Ripple Effect

By now, you'll notice how the environment can create a negative or positive situation. And I'm sure you've had cases in that has severely affected your behaviour, rippling through the home, work and affecting others? It's quite common for a series of adverse events to create severe behavioural problems, a child reared in a violent home will only learn one way to behave, and that's the mirror image of the parents.

Violence usually creates violence.

There were masses in our house as children; however, my sister and I chose never to be violent. My brother followed in the footsteps of our father, who in turn had followed in his parent's footsteps. Someone has to break the pattern. Can you imagine if my sister and I were violent, how this behaviour would have affected our children and in turn theirs? It would be endless behavioural problems.

Children mimic well.

And they usually copy everything their parents say and do. And why we need to be mindful of what we say and do as adults and parents.



START WITH BASICS FIRST

When we have a situation that affects one's behaviour, this has an impact for good or bad and why we need to start at basics with children to have healthy positive adults. For me, good manners seem less proactive today than fifty years ago. Yet are simple to teach and are a useful relating tool.

Authentic maturity

Ethical behaviour is a prelude to high self-esteem and a positive attitude in life with the healthy functioning of all the senses. Fundamentally, saying please and thank is not just for children, all adults need to be mindful of these necessary skills, that seems not to be applied as much in our modern world. However, they're so beneficial, they teach children consideration and kindness, and we usually get more than expected. But when we appreciate others, they tend to appreciate us.

Good manners

In truth, good manners are all about listening with the ear of the mind, being genuine, giving your heart and soul, and that means providing one-hundred per cent attention even if you're chatting for a few minutes, you darn well give your all. Listening, helping someone, not interrupting, showing recognition and appreciation, good time-keeping, having table manners, all come under consideration and respect for others and one's self.

We can all be thoughtless from time to time; however, our behaviour says a lot about our character and our values.



INAUTHENTIC IMMATURITY

Bad behaviour is a prelude to poor self-esteem and mood disorders. So if you want to change this, start healing yourself. If you're going to have relationships with authentic, happy, mature adults, then you have to be this yourself. Look at the FREE techniques on my site, and used since 1995, and they work to modify negative thoughts that often cause negative behaviour. Many clients said they felt their attitudes and behaviour changed hardly without them realising.

Start with the Sieves.

If what you are doing is causing problems at home and work, is making you unhappy; eventually, this will take a toll on your emotions and feelings of self-worth. The Sieves cleanses you emotionally and mentally inside out, so you start to feel happier inside and look happier outside. At this point, it's good to think about a series of events or even one that caused you to behave unreasonably and in turn, had a knock-on effect in other areas and loved ones.

Then list positive outcomes.

Ones that were solved and how this affected your own and others behaviour? In all the people I've worked within the voluntary sector, in therapy and training have without doubt hated being angry, they hated their behaviour, they wanted to change. Let me tell you about one man that came to me for anger management, who needed to modify his behaviour; he was sent by the courts to alter his behaviour or suffer the consequences. His wife, parents, friends, psychiatrist and his doctor was scared of him.



FAMILIAR TERRITORY

How do I know, he told me, and he wasn't proud of this he was devastated. He asked me if I was? I said no. He said, thank God, as he was at the end of the line. I wasn't for many reasons. His type of behaviour was unreasonable but familiar to me; I recognised the energy, I'd learnt as a child, and teenager how to deflect.

I learnt the right tools and attitudes to survive toxic situations and get the hell out of dramatic environments. The one thing was not to show fear, not that I was afraid of this client; I felt safe and confident in my approach. By not being scared, I also deflected my client's behaviour. Over the months we worked well together, and I know as he put it 'I saved his bacon' but also his marriage. But he had to be willing to change and he did.

Little Missiles of Negativity

While this clients behaviour might get you arrested, I'm talking instead, about those minute behaviours which are like a thousand little missiles thrown over months and years. Ones that slowly erode the mutual respect and rob you of the natural pleasure of any relationship.

The truth is that any negative behaviour will eventually cause others to be on edge, frightened, anxious, wary, hyper-vigilant and waiting for the predictable. Adverse actions negatively affect spouses, children, and close family members, and friends might be deeply hurt, embarrassed or puzzled by your behavioural habits. But they live with you. May not like you, but love you, and in doing so, tolerate your actions as my client's wife did.



ONE SMALL STEP TO AWARENESS

This client, had no children thankfully as children don't have the emotional skills to execute appropriate boundaries or express their fears, hurts and frustrations about a negative adult response. If worried about your behaviour, then I invite you to begin the work of changing. The first steps are awareness, willingness, and desire to change. Practising meditation helps modify behaviour.

Singing is a fantastic pattern interrupt.

You can't be negative when singing unless you choose a ranting style song. The steps will be small; there will be no fast-tracking unless you experience inspiration. So can you change your behaviour in some small way that will improve the situation and the environment? Don't go too big, or you'll mentally and physically procrastinate and give up. It only has to be tiny to have a ripple effect.

My son made me laugh the other day. I have a door into my office that won't close properly, and my new puppy sneaks in, and of course, he creates mayhem, all those wires attached to vital equipment, and right now legs on furniture are fair game.

When my husband was alive, he promised to fix the door from opening so quickly, and my son said he would, but he's so busy, and he genuinely is, so I'm still waiting. But his comment amused me. 'I've spent more time thinking about doing than it would've taken me to fix the door.' The message here is, instead of me being frustrated, irritated, angry and fed up, I choose to smile and reframe.



REFRAME

At the end of the day it's been like that for twenty years, only having a puppy has made it noticeable, but as I'm not able to sort this out, I have three choices to reframe this,

- ❖ Become frustrated and in turn, affect my behaviour?
- ❖ Don't let it bother me, in turn, affect my attitude
- ❖ Or get a carpenter in, if I'm that bothered and solve the problem

Negative into Positive

Turning any negative situation and behaviour into a positive isn't hard to do when you're aware of those trigger factors. But also, when you are relaxed about life, I've noticed things often sort themselves out.

I choose not to worry about the small stuff in my life and focus on the bigger things that needed addressing if I fretted about minor things I'd never have enough energy to resolve those significant problems that do arise from time to time. Anger management is a positive behaviour that affects everyone; it has a knock-on effect. Like this client who came to me, he learnt to be mellow and in turn, he became influential in so many ways, better ways than he ever thought possible.

Our behaviour speaks volumes.

We can apologise over and over again, but if our thinking and attitudes never change, then our words and actions become meaningless. Thinking before you speak and behave are essential strategies in life.



SUMMARY

The best way to assess anything is to Stop, Step Back, so you can Reflect on what causes yours or others behaviour, sometimes it can be a physical and if it is, off to a doctor. Pre-Stroke victims often show odd behaviours. You have a right to question someone's adverse reaction if the actions have no visible cause, and is unfair, but you can do this gently but firmly. However, we all have to be responsible for our behaviours. And we're responsible in addressing anything that causes a knock-on effect.

*What is the appropriate behaviour of a
Man or a woman amid this world?*

Where is each person clinging to his piece of debris

What's the proper salutation between people

As they pass each other in this flood?

It is better to conquer yourself than to win a thousand battles.

Then the victory is yours.

It cannot be taken from you,

Not by angels or by demons, or heaven or hell

Thousands of candles can be lit from a single candle,

And the life of the candle will not be shortened.

Happiness never decreases by being shared.

Buddha