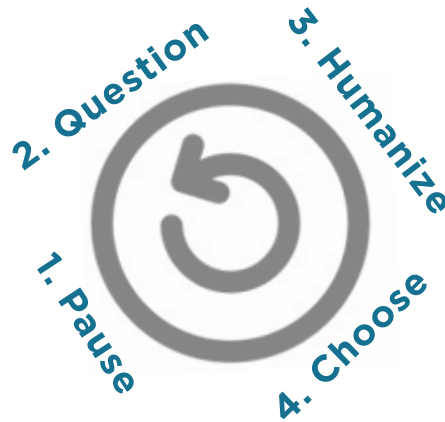


Curiosity Reset

Shifting from certainty to curiosity and choosing a wiser response



1. PAUSE (Notice without acting)

What happened? (facts only)

What did I actually see, hear, or experience - no interpretation?

2. QUESTION (Loosen certainty)

What story am I telling myself about this? (about motives, character, competency, or intent)

How does my current story position the other person in my mind?

Obstacle Adversary Inconvenience Vehicle Something Else _____

What is the story I'm holding onto right now?

What don't I actually know?

What question, if answered, would help me understand more rather than judge?

3. HUMANIZE (Restore dignity without naivete)

What other plausible stories preserve this person's dignity as a reasonable, valuable human being?

What might a wise, neutral observer see here? What explanation fits without exaggeration or cynicism?

4. CHOOSE (Act from a wider frame)

Given this broader view, how does my stance toward this person shift?

What new response becomes possible now? What is my very next move?

BOTTOM LINE: *The story you tell yourself shapes how you lead. Loosen your grip on your story and choose curiosity, dignity, and wise action.*