

Benefits Of Understanding Cats & Dogs

When we learn new concepts we incorporate them better when we know what we are actively pursuing. The following is a list of benefits gained by understanding the cat and dog analogy. Put a check in front of the ones that appeal to you.

- Understanding yourself and others
- Accepting yourself and others
- Understanding how your and others' cat-ness and dog-ness are situational
- Separating your and others' intentions from actions
- Interpreting your and others' behaviors more accurately
- Enticing cats to be cooperative
- Providing new ideas on resolving conflict
- Knowing which conflicts not to try to resolve
- Managing difficult personalities
- Luring a cat to see the benefits of being a team player
- Improving your leadership to attract more cats

Others:

Add details to the benefits you checked:

Now that you have identified the benefits you seek, reflect how that has affected how you have incorporated and used the techniques.