

CATNIP: Increase Your Cat

The tendency, especially for those who most often operate from their “dog” is to go to more dog-like traits when around cats. This serves to only annoy cats more, or cause them to ignore the dog. Instead, increase cat-like behavior while around cats by using credible body language and voice pattern, being credible in dress and appearance, coming off as confident, recovering well (I meant to do that!), being direct at the issue level, and ceasing to be so nice!

You may choose to complete either of the Least Recommended/Recommended pairs below. You are only required to complete one, although you may choose to do both.

Least Recommended #1

Discuss a time where you were ignored by a cat or group of cats while trying to make your point known. Talk about your attempts to get the cats to pay attention to you. Did you ask nicely? Use eye contact? List all of your attempts here and how or if they worked.

Recommended #1

Discuss a time where you had to increase your cat to make sure you were heard. How did you go about doing this? Credible body language and voice pattern? Use of a 3rd point? Ceasing to be so nice? Talk about the results:

Least Recommended #2

Approach a student, colleague or friend/acquaintance you have identified as operating from their cat. Initiate a conversation using approachable body language and voice pattern, giving lots of eye contact, and being very *nice*. Discuss what happened:

Recommended #2

Choose a student, colleague, friend or acquaintance you have identified as operating from their cat. See if you can gain their attention by increasing your own cat. Use credible body language and voice pattern, avoid eye contact, be direct at the issue level, and stop being so nice! What was the reaction? (It may take several attempts.)