

Cautions About Cats & Dogs

There are three cat and dog cautions which make the application of the analogy to people more practical and accurate. Remember that how you view cat or dog traits depends on 1) context, 2) your family of origin and 3) the people you are surrounded by.

First caution: Avoid the “either/or” template.
Where do I increase my dogness:

Where do I increase my catness:

Second caution: Expectations based on my culture of origin.
What was my family’s view of catness:

What was my family’s view of dogness:

Third caution: Expectations based on my current culture.
A description of the cats I am surrounded by:

A description of the dogs I am surrounded by:

Reflect and share which of these cautions are easy to keep in mind and which ones, if any, you need to consciously remember.