

## Timing

It's important to understand the concept of *timing* and *permission* when dealing with teasing cats. The first rule to remember is to limit teasing around dogs if at all possible. The second rule is to read whether you have permission to tease. One way to assess permission is to watch a person's breathing. Since breathing is difficult to see, watch for other high-breathing characteristics such as stiff body posture, head pulled back during inhalation and held stiffly, and minimal body movement. If a person is breathing high, it is not optimal to tease at that time. The third consideration is how to respond if you inadvertently teased someone and lost permission. The answer depends on where you are on the Levels of Responsibility. The higher you are on scale (more responsibility) the suggestion is to go more cat. (i.e. ignore your goof and recover well.) The lower you are on the Levels of Responsibility, (less responsibility) the suggestion is to go more dog. (i.e. apologize and make amends.)

Discuss a time you teased a cat and it was received well. Were you aware of the other person's breathing? (Often times we are not) What, if anything gave you a sense that the teasing would be well received?

Discuss another time you teased a cat and it was not received well. Were you aware of the other person's breathing? (Often times we are not) What was your response after you lost permission? To apologize? To ignore your mistake? Discuss what you did and if it worked.

Over a period of three days take a sampling around you of breathing. Include students in the classroom, colleagues in meetings, discussions with your administrator, or conversations with friends and family. How able are you to determine whether someone is breathing well or not? Is it difficult? Did it get easier over the three days? Give examples.