



The inadvertent use of 'HAND GRENADES!'

Over the years, with many thousands of hours working with interpersonal complexities, I have concluded that there are twelve characteristics in our behavior which are completely natural. Like fish in water, these twelve make up the element in which we all 'swim'.

In everyday relationships any one, or combinations, of these 'natural' elements can be the cause of disharmony and argument but are relatively harmless.

Any one of these used in the presence of someone experiencing the massive confusion caused through a brain disease, CAN cause an *EXPLOSION*.

Opinionating
Interrupting
Provoking
Contradicting
Expecting gratitude
Talking Loudly
Undermining
Pessimism
Ignoring
Need to control
Questioning
Irritating

We will be demonstrating this later, the critical reality which I dearly hope will reveal itself through your wisdom is that we, in our everyday natural element, doing what comes naturally to us, are throwing 'hand grenades' into the confused world of our cared-for person by using any one of them without sensitive awareness.

It is these explosions which through their use, cause the effects in behaviour which seems so incredibly difficult to live with and which generate the tension and stress in our lives.

We have to be calm and composed with the knowledge, through our awareness, of their potential damage.

WE carry the hand grenades!!!