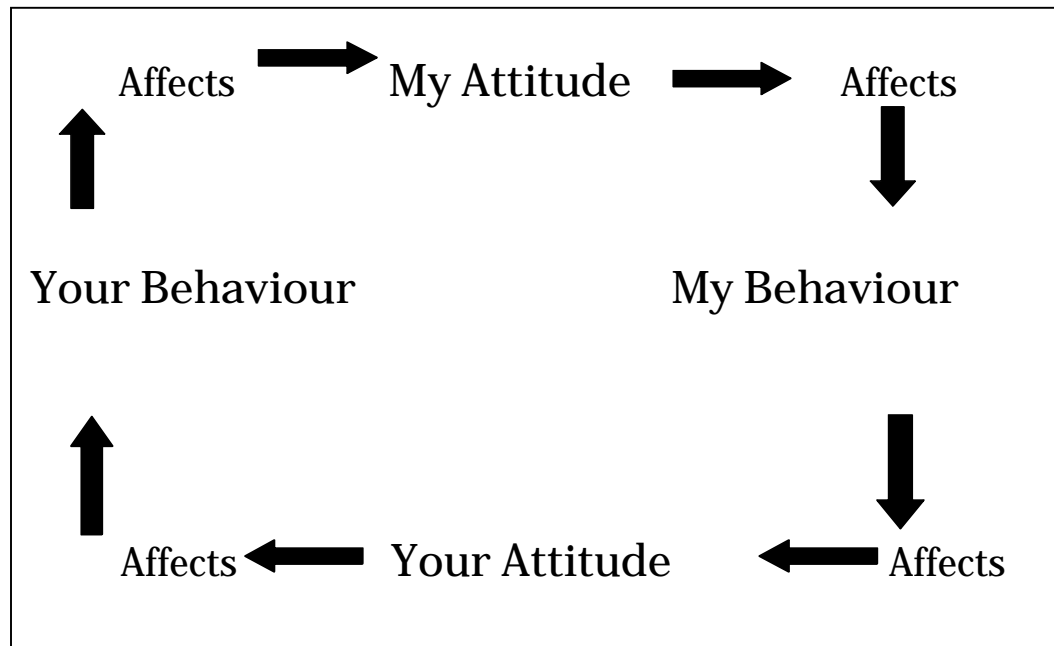


### Bataris Box

How do we impact upon another person's behaviour? The Bataris box diagram below demonstrates the cycle of behavioural interaction that occurs between individuals.

The most effective strategies are the ones that we can control. How we respond to another person's behaviour will in turn impact upon how they respond to our behaviour.



Attitudes are internal and the behaviour is the external result of how our attitude impacts upon our behaviour. If we start this cycle at the 'my attitude' point we can examine the relationship between my attitude and my behaviour. Although it may not feel as though it is easy to control, simply stopping and trying to reframe how we are seeing someone else's behaviour will in turn affect our attitude and therefore our behaviour and will ultimately impact upon another person's behaviour.