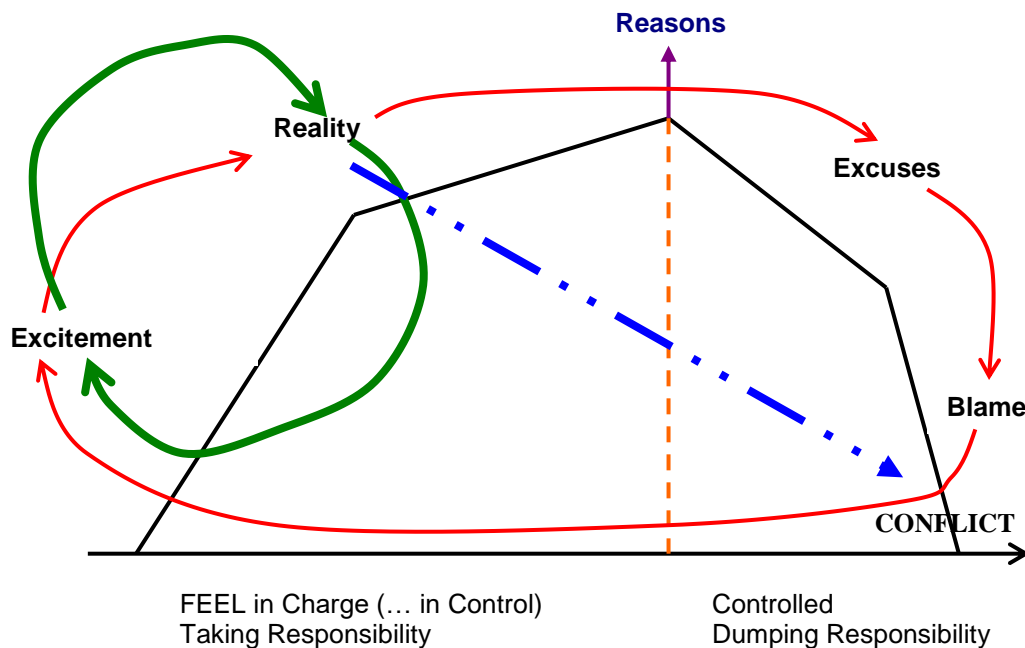


The Excitement Cycle

Are you a Driver or a Passenger?

Let the Excitement Cycle help you answer that question...



The Excitement Cycle

When you don't achieve what you want it can be due to reasons - or excuses.

Effective communication relies on *staying left* - cycling between **Excitement** and **Reality**. Like a driver, you hold the wheel and control speed and direction of travel.

If you'd rather make excuses and blame others, realise that is a choice - where you choose to be a passenger in life, in someone else's hands!

Recognise when you're in **Reality** and take yourself back to **Excitement** – you'll avoid making **excuses** or **blaming** others.

Conflict can clear the air. Confronting an issue (from **Reality**) can be more effective than cycling through **Excuses** and **Blame**. Either will lead you back to excitement.

It's often easier to blame someone/something for a result we don't like. However, when we blame we lose control - losing the ability to make changes/improvements.

Take charge and feel in control. Be a driver, not a passenger.

Some Explanations:

1. **Excitement** - All is new and exciting; can be daunting. *Overall positive period.*
2. **Reality** - The rose tinted glasses come off and we see things as they really are.
3. **Excuses** - We fool only *ourselves*.
4. **Blame** - If others change, all will be OK.
5. **Reasons** are real things that happen, different to excuses. *We know the difference.*