

## **Six principles of behaviour**

Within your group:

Discuss the six fundamental behavioural principles below, note your thoughts and be ready to return to the main group to work on how these will help you manage difficult situations in the near future.

1. Perception is reality
2. Behaviour breeds behaviour
3. All behaviour is motivated
4. You can choose your behaviour
5. The only behaviour you can change is your own
6. Behaviour is situational