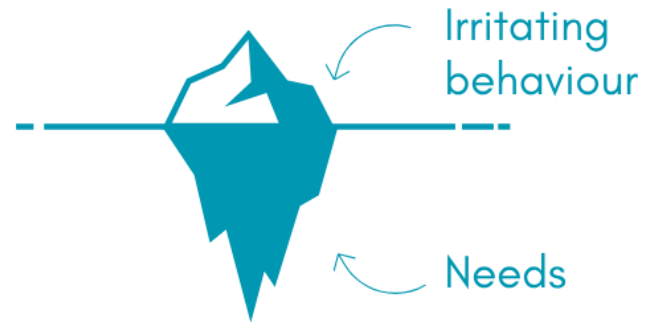


# UNDERSTANDING IRRITATING BEHAVIOUR

When we or others act in ways we don't like, there is always a deeper need we are trying to meet.

Understanding needs is a first step to better communication and effective resolution.



## YOU SEE

## NEEDS UNDERNEATH?

Interrupting in meetings

Contribution, being seen

Always saying yes

Inclusion, belonging

Avoiding difficult conversations

Ease, emotional safety

Turning camera off

Ease, autonomy

Resisting feedback

Understanding, knowing I'm good enough

Find out more: [needs-understanding.com](https://needs-understanding.com)