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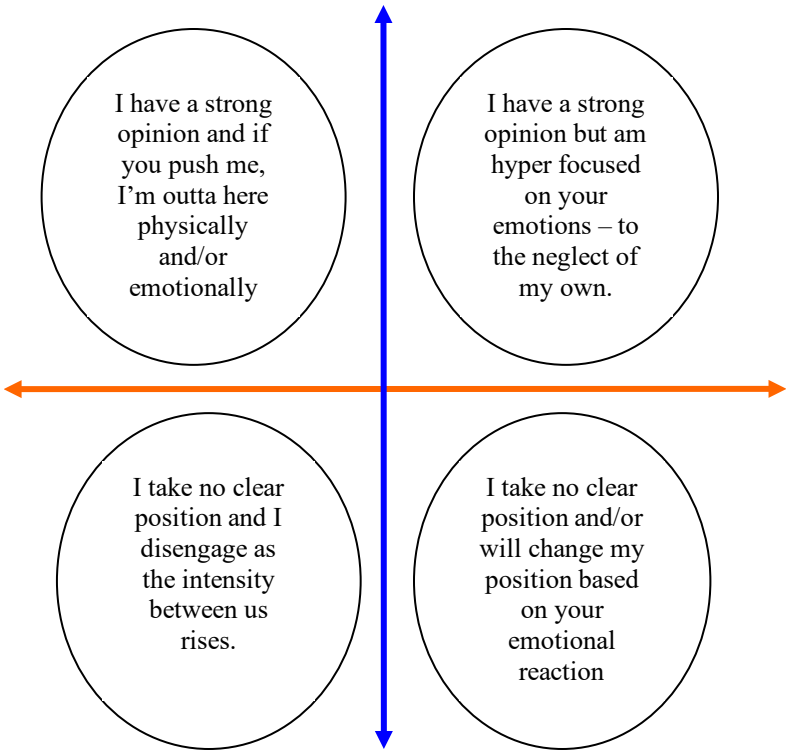
Conviction / Connection Leadership Model

Rigid

- My way or the highway
- My view is the right view
- My view is all that matters



Cut-Off

- "I'm Outta Here"
- Physical Checkout
- Emotional Checkout

Enmeshed

- Wrapped Around Others' Emotional Axle
- Pay more attention to your feelings than my own

Wishy-Washy

- I Have No Opinion
- What do you want to do?
- Nothing to push against

Strategies for Stepping Back Into Relationship

Strategy	Typical Posture	Contrary Action
Cut-Off	"I Don't Care"	Admit that you do care.
Enmeshed	People Pleaser	Boundaries / Self-Care
Wishy-Washy	Confused Overly Polite	State Wants / Needs Tolerate Upsets
Rigid	Self-Righteous	Be Curious Risk Being Wrong

**Based on work by Peter West, Joan Fiore, David Olsen, (Circumplex Model) and others.*