



Reframe & Reconsider: Seeming Self-Centred

Self-centred behaviour can appear entitled, aggressive, selfish, and cruel. However, self-centred behaviour may be a person's protective response to trauma (e.g., a need to put oneself first because no one else did.)



Keep Open & Honest Communication

- Clear up distorted views, repeat back their concerns
- Teach the impact of negative thinking patterns on self and others
- Ask for clarification - don't assume negative intent
- Genuinely compliment/respect good/honourable traits
- "You are special *to me*; I love you *for being you.*"
- Gently remind how their behaviour impacts others; Ask "How would you feel if this happened to you?"



Develop Empathy & Compassion

- Safely share "When you..., I feel.... (sadness/fear)"
- Teach showing appreciation and concern for others' feelings
- Teach experiencing others' joys and sorrows
- Teach identifying others' points of view, beliefs, values, thoughts, rights, needs, intents
- Emphasize how shifting their behaviour will improve their relationships

STRATEGIES

- Supporters must prioritize self-care (maintain a support system, holistic health); have clear rules/expectations; stop enabling and shielding from consequences
- Teach by modeling: developing self-esteem; showing appreciation and empathy; connecting with others' feelings; acknowledging own wrong
- Help create a safe zone for the person so they can more easily let their guard down

Model Responsibility for Own Actions

- Model:
My Thoughts direct
My Feelings which direct
My Actions
- Guide recognition that something is wrong, the relationship needs repairing

