

Relationship Destroying	Relationship Building
<p>Ego thought System “I can win if I attack or produce conflict” FEAR-based Way of thinking</p>	<p>Higher Power Thought System “We seek unity and peace of mind.” LOVE-based Way of Thinking</p>
<p><i>“I am the captain of the world.”</i> Attacking Separating Judging Conflicting Fault-finding Always looking at what is wrong Insane thinking Winning/losing focus Excuse-making Withholding info/resources Using guilt as a control mechanism (Guilt throwers/catchers) Using shame as a control mechanism (Shame throwers/catchers) Forgiving is conditional Believing in lack/scarcity Hoarding Possessing Protecting Preventing Collaboration Angering Withholding information and Ideas Teasing Belittling Devaluing Invalidating Gossiping Putting others down acts as a control mechanism that sabotages change</p>	<p><i>“We need each other.”</i> Harmony Balance Justice Integrity Focusing on Solutions Focusing on Win/Win Becoming a love seeker (vs a fault-finder) Looking at what is right with people, organizations, families, tribes, relationships (vs. predicting negative) Spiritual values Honest Open-minded Willing to care Respecting Managing to care Seeking out and putting Care into organization, families, tribes, relationships Forgiving is unconditional A committed focus on others to see & discover the good in them Helping build collaborative and cooperative organizations, families, tribes, partnerships. Promotes wellness in individuals, families and communities.</p>

Source: **Medicine Wheel teachings for Healthy Communities & Organization**, Coyhis Publishing. Dedicated to presenting the philosophy of the medicine Wheel for a better world. www.whitebison.org

“We must become the change we want to see”—Mahatma Ghandi