

Conscious Communication®

Lab Notes

Lesson 9: Grenades

WIDE RULED



CONSCIOUS COMMUNICATION®

NOTES CLASS 9



GRENADES



CLASS 9

“Grenade”

VIDEO TIME: 7 minutes

LEARNING OBJECTIVE

- ✓ To understand and utilize the strategy for success with Grenade tantrums.

NOTES

“Grenade tantrums”

The differences between Tanks and Grenades:

- Ⓞ Tank is looking at their victim using pointed gestures.
- Ⓞ Grenades are not looking at their victims and gestures are more diffuse.
- Ⓞ Tanks take aim and fire.
- Ⓞ Grenades blow up indiscriminately.
- Ⓞ Tank attack is a demand for action.
- Ⓞ Grenade tantrum is a demand for attention.



- Ⓞ When the Tank attacks you know what it is about.
- Ⓞ When the Grenade explodes it is confusing and disproportionate to the present circumstances.
- Ⓞ When the Tank attacks, you move forward fast.
- Ⓞ When the Grenade explodes, you stop everything.

STRATEGY FOR GRENADE TANTRUMS

GOAL: Get the behavior to stop as soon as possible.

ACTION STEPS

1. Get the Grenade's attention.
 - a. Say the Grenade's name a few times (like you do to interrupt the Tank), but unlike the Tank your voice volume may need to be louder than his.

2. Say the words the Grenade needs to hear.
 - a. The first few items they rant and rave about are probably relevant. Speak to their internal explosion by saying, "I don't want you to feel this way. You don't have to feel this way. It's a misunderstanding. We can work this out."
 - b. Grenades do not like feeling the way they do. They blow up over something on the outside which makes them blow up on the inside

and they get mad at themselves for what they are doing. This makes them angrier about the outside, which makes them angrier on the inside and the cycle continues causing their behavior to escalate further.

- c. You may have noticed that Grenades, after they are done exploding, have a tendency to withdraw and get quiet for a while. At that point they move into the "Get Along" area of the lens and feel bad for what they have done and the people they have hurt.
3. Reduce your intensity and lead them.
 - a. Do not tell them to breathe or calm down. This usually makes it worse. Instead you breathe and you calm down. You blend with them by raising your volume and coming into the ballpark energetically with them. You blend by saying the words they need to hear. Then you lead them by lowering your volume, relaxing your tone, and taking a few deep breaths yourself.
 4. Take a break.
 - a. The purpose of the break is to give the Grenade a chance to compose herself. How you do it depends on the logistics of the situation. If you are on the phone you may make up a reason to call her back in a few minutes. Face-to-face you suggest a break, getting some water and then continuing the discussion.



5. Grenade prevention.

- a. This means find the pin and don't pull it. This step happens all by itself when nothing is going on. You casually inquire about the last time she got mad and what set her off. She may have certain things, which get to her. This information is the first step toward her diffusing herself and if nothing else, your awareness of her pin will prevent you from pulling it.



LAB ASSIGNMENTS & HOMEWORK

HOMEWORK QUESTIONS

1. As a way of understanding the differences between a Tank and a Grenade, which of the following behaviors is more likely to be a Tank or a Grenade.
 - a. A direct focused attack. (*Answer:* _____)
 - b. A tantrum. (*Answer:* _____)
 - c. Someone looking at his or her victim and likely using pointed gestures.
(*Answer:* _____)
 - d. Someone not looking at his or her victim and gestures are more diffuse.
(*Answer:* _____)

2. True or False: When the Tank is attacking you understand what it is about.
(*Answer:* _____)

3. True or False: When the Grenade is throwing a tantrum it doesn't make sense because they bring up stuff that have nothing to do with the present circumstances. (*Answer:* _____)



4. Who is a demanding action? (*Answer:* _____)
5. Who is a demanding attention? (*Answer:* _____)
6. True or False: When a Tank attacks you, try to move forward fast.
(*Answer:* _____)
7. True or False: When a Grenade is exploding, you stop everything.
(*Answer:* _____)

(Answers on the next page)



ANSWERS:

1a: *Tank*

1b: *Grenade*

1c: *Tank*

1d: *Grenade*

2: *True*

3: *True*

4: *Tank*

5: *Grenade*

6: *True*

7: *True*

Q) What are the differences between Tank and Grenade strategies?



- ⓐ Typically when the Grenade tantrum is over, Grenades withdraw into Nothing people and get quiet and withdrawn, possibly for a few days. Explain why this happens.



COMMITMENTS TO ACTION BASED ON THIS CHAPTER



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