

LIVING WITH AN  
**OUTWARD**  
**MINDSET**

## INTRODUCTION

We all know that happiness is largely a function of the health of our relationships with those in our homes—with one’s spouse, for example, and with children, parents, and siblings.

However for many individuals and families happiness seems a farfetched dream. Many individuals and families are struggling to improve their relationships with each other. Many are in constant conflict with the most important relationships in their lives.

While many of us who are in conflict with people that matter and want solutions, notice that the preferred solution in each case is that others change.

*What if in our conflicts with others there is something we want more than solutions?*

*What if conflicts at home, conflicts at work and conflicts in the world stem from the same root cause? And*

*What if, individually and collectively, we systematically misunderstand that cause and unwittingly perpetuate the very problems we think we are trying to solve?*

These are among the important questions explored in this session as we consider ways to enhance the quality of relationships and efforts with the most central people in our lives.



## HIGHLIGHTS

### WHY MINDSET MATTERS

### SELF-AWARENESS TOOLS

Self-Awareness Tool: Self-Betrayal

Self-Awareness Tool: Collusion

Self-Awareness Tool: Boxes We Carry

Self-Awareness Tool: Two mindsets

### MINDSET-CHANGE TOOLS

Mindset-Change Tool: Influence Pyramid

Mindset-Change Tool: Outward Mindset Pattern

Mindset-Change Tool: Resolving Collusions

### ARBINGER PRINCIPLES