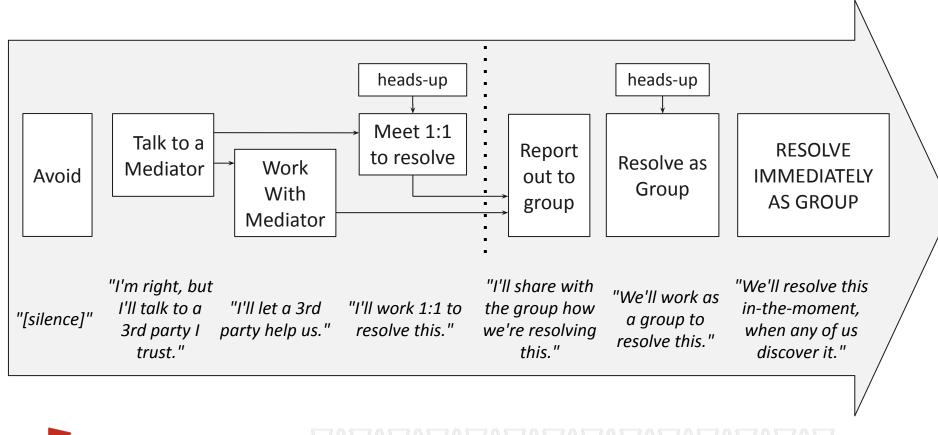
## **Conflict Growth Path**



ROS

## **Necessary Ingredients**

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- 1. *Courage*: Speaking your truth.
- 2. *Selflessness*: Keeping the other's best interests in mind.
- 3. *Humility*: Suspending your assumptions; making room for others to speak their truth.
- 4. *Self-Awareness*: Gaining deeper insights about oneself.



## **The Internal Journey**

Avoidance		Engagement		Courage	
Self-Protection	$\longrightarrow$	Vulnerability	>	Selflessness	
Arrogance	$\longrightarrow$	Curiosity	$\longrightarrow$	Humility	
Sleepwalking	>	Self-Observation		Self-Awareness	/

