

Relationship Destroying	Relationship Building
<p align="center"><u><i>Ego Thought System</i></u> “I can win if I attack or produce conflict.” <u><i>FEAR</i></u>-based Way of Thinking</p>	<p align="center"><u><i>Higher Power Thought System</i></u> “We seek unity & peace of mind.” <u><i>LOVE</i></u>-based Way of Thinking</p>
<p align="center">“I am the captain of the world.”</p> <p align="center"> 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 & ideas Teasing Belittling Devaluing, Invalidating Gossiping Putting others down acts a control mechanism that sabotages change Bickering back & forth creates unhealthy organizations, families, tribes, relationships & creates Mental & Spiritual dis-ease </p>	<p align="center">“We need each other.”</p> <p align="center"> Harmony Balance Justice Integrity Focusing on Solutions Focusing on win/win Becoming a love seeker (vs. a fault-finder) Looking at what is right w/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 organizations, families, tribes, relationships Forgiving is unconditional A committed focus on others to see & discover the good in them HELPPing build collaborative & cooperative organizations, families, tribes, Partnerships. Promotes WELLNESS in individuals, families, and communities. </p>

Source: Medicine Wheel Teachings for Healthy Communities & Organizations, 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