

B. Distinguishing characteristics of your own pace

Form a picture of your natural pace by looking at all your responses in section A of this exercise. Describe briefly your distinguishing characteristics, e.g. "I speak quickly, etc."

You might even ask someone who knows you well to evaluate your assessment of your own pace. Do you agree with each other?

Pay special attention when you are with people whose pace deviates noticeably from yours in terms of these characteristics.

C. Positive experiences

Describe some situations where you experienced intense rapport/harmony with others:

Why did things go so well? What can you do to create the same situation again?

to be continued

D. Negative experiences

Describe some situations where you experienced intense disharmony with others:

Do you often experience disharmony with others? What goes wrong?

What can you do to avoid disharmony? What **will** you do?

E. Greater tolerance

List some persons who are difficult for you to accept and describe why:

Who?

Why?

What can you do to become more tolerant of these people? What **will** you do?