



Calm

Venting vs. Discussing

Venting

To release emotions.

Discussing

Exchange ideas to increase
understanding.



Calm

Venting

One sided

You – them

Discussing

Two sided

You - them

Them - You



Calm

Venting

Practices

Anger/Frustration

Discussing

Searches for

Calm/Clarity

WHAT YOU PRACTICE GROWS

YOUR FOCUS SHAPES YOUR MINDSET. YOUR MINDSET SHAPES YOUR LIFE.

VENTING



FOCUS:
The Problem



PRACTICE:
Anger



RESULT:

- More Emotion
- Less Clarity
- Less Control



Rehearsing anger
strengthens anger.

VS.

CALM



FOCUS:
The Solution



PRACTICE:
Control



RESULT:

- More Clarity
- Better Decisions
- More Options



Practicing calm
strengthens control.



YOUR BRAIN
BUILDS WHAT
YOU REPEAT.

**“WHAT YOU PRACTICE,
YOU BECOME.”**



TRAIN YOUR MIND. CONTROL YOUR FOCUS. CREATE YOUR FUTURE.



CHOOSE YOUR
PRACTICE.
CHOOSE YOUR
LIFE.



Calm

VENTING



Oxford Definition:

“To give free expression to a strong emotion, especially **anger** or **frustration**.”



Mission:

RELEASE PRESSURE



Venting lets pressure out.
**It doesn't always solve
what created the pressure.**



VENTING = RELIEF

NOT ALWAYS = RESOLUTION





Calm

DISCUSSING

*Different perspectives.
Better understanding.
Stronger decisions.*



Oxford Definition:

“To talk about something with another person in order to **exchange ideas** and reach a **better understanding**.”



Mission:

GAIN CLARITY



Discussion creates understanding.
Understanding creates **better decisions**.



**TWO-WAY
CONVERSATION**



EXCHANGE IDEAS



**FIND CLARITY
TOGETHER**



Calm

Ask yourself...

When you call your best
friend...

What are you hoping to
leave with?

More **emotion...**
or more **clarity?**



Calm



Stop... Pause

Call your friend

Choose

Clarity?



THE GLASS IS FULL

— SYSTEM —

Mission • Calm • Consistency • Earn Your Name

See What Others Miss