

# Quotes & Inspirations

by Tanya Curtis



At our core we are all  
an awesome, amazing,  
lovable being.  
This is the absolute truth  
of every single person  
in this world.

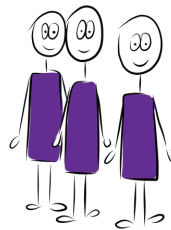


Our behaviour  
is a form of  
communication  
and never is it not.



Behaviour change is a  
progressive journey and will  
never occur all at once.

Accepting your own and another  
person's choice to change will  
allow the journey to  
unfold at a pace that is  
supportive of all.



Acceptance simply means to  
embrace the world and all its  
people and to understand  
that life is one massive  
classroom with an endless list  
of life lessons waiting to be  
self-mastered – for all of us.



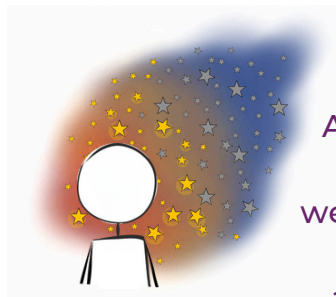
When a person feels  
hurt, they are capable  
of hurting another  
person.



Practising  
+  
making mistakes  
+  
more practising  
=  
learning new skills



Addiction is never who  
a person is - it's a  
communication saying,  
'Life's lessons feel  
tough right now –  
Help Please.'

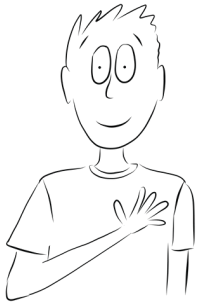


Appreciating your own  
strengths and  
weaknesses allows you to  
understand, accept  
and embrace another  
person for their strengths  
and weaknesses.

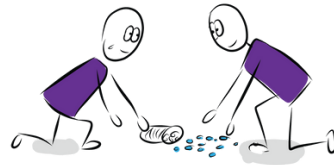


# Quotes & Inspirations

by Tanya Curtis



Behaviour is not  
who you are, it is  
what you do.



When I make mistakes,  
I am **not** a mistake –  
'as I am already perfect just for being me'.



In mental **illness** there is an  
'I' ... in mental **wellness**  
there is only 'we'.



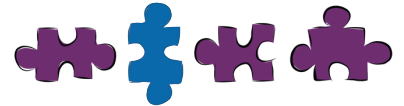
When we support people  
with lasting behaviour  
change, it is always about  
seeing them for who they  
are and not judging them  
for what they do.



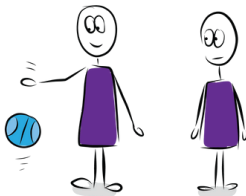
When a person  
feels hurt, they  
are capable of  
hurting another  
person.



Practising  
+  
making mistakes  
+  
more practising  
=  
learning new skills



Are you being the  
unique puzzle  
piece that you are  
here to be?



Fear of rejection is one of the  
root causes of perfectionism.  
YOU being YOU will  
always be perfect.



The quality of children we  
raise is the quality we  
bring to our future.



# Quotes & Inspirations

by Tanya Curtis

## The Body Life Skills Program

### 3 STEPS TO LASTING BEHAVIOUR CHANGE

#### Step 1 | BODY

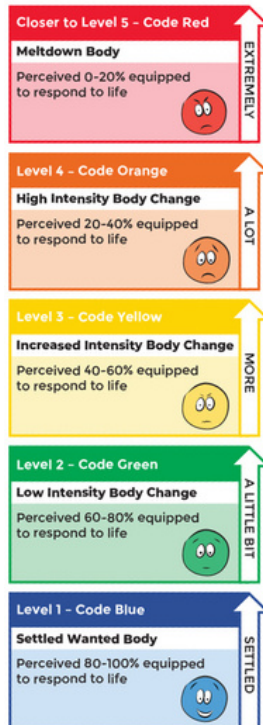
1. Develop a relationship with what the body looks and sounds like, thinks and feels at code blue
2. What behaviours, words, thoughts or feelings does the body use to tell us it is higher than code blue?

#### Step 2 | LIFE

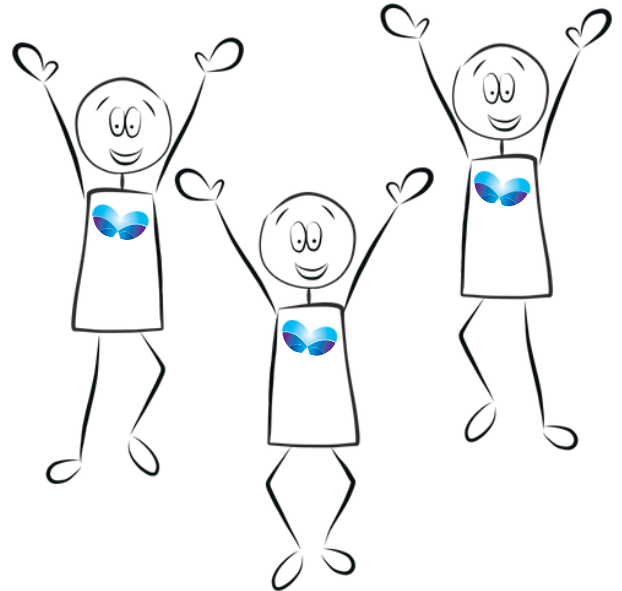
3. As soon as the body is higher than code blue, ask:
  - I wonder why?
  - I wonder what part of life the person perceives they do not YET have the required skills to respond to?
  - I wonder how the person is experiencing the:
    - Setting
    - Interaction
    - Task
    - Automatic factors inside their body
  - I wonder what picture was expected?
  - I wonder what the smashed picture is?

#### Step 3 | SKILLS

4. What skills are required for the person to perceive they are equipped to respond to life?
5. Teach/learn the skills needed when the willing student is ready.



YOU AND I  
WILL ALWAYS BE ...



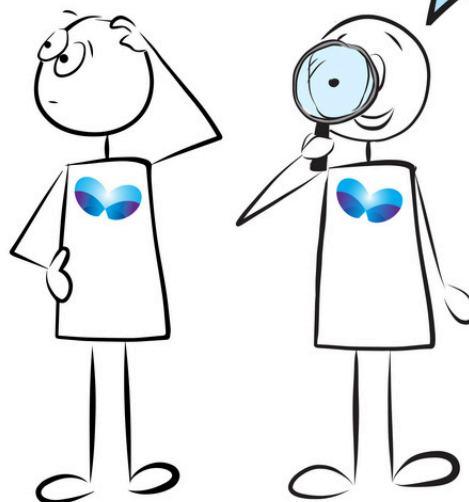
AWESOME, AMAZING AND  
LOVABLE BEINGS!

## I WONDER WHY?

### STEP 1 - ASK:

#### I WONDER WHY?

1. Why am **I** using this behaviour?  
Why are **you** using this behaviour?
2. What is **my** smashed picture?  
What is **your** smashed picture?
3. Why does this life lesson seem difficult to **me**?  
Why does this life lesson seem difficult to **you**?
4. Why am **I** so attached to this picture?  
Why are **you** so attached to this picture?
5. Why am **I** reacting?  
Why are **you** reacting?



PURPOSE LEADS TO  
LASTING BEHAVIOUR  
CHANGE

### STEP 2 - ASK:

#### WHY WOULD WE WANT TO CHANGE BEHAVIOUR?

1. Let us see **all** that is occurring in our world that is harming
2. Let us care to change our behaviour to **not** contribute to the harm that is occurring for all others

With **purpose** we have connected to the reason **why** we change behaviour.