

# A CULTURE OF CONNECTION



Are you civil?

Watch the Video: <https://bit.ly/3Y9I2hW>



## DISCUSSION QUESTIONS

1. What tends to lead you to be less civil? Certain people, places, or things trigger you? Perhaps it's perceived unfairness? Disrespect? Arrogance? Competition? Or, stress?
2. Are there benefits or reinforcers that reward your uncivil behavior? Maybe it's getting what you want? Or, seeing a rival upset? Is it easier or more difficult at certain times of day or days of the week?
3. How can you use the Triple A approach to be more civil? **A**ware of it, **A**vert to the opposite behavior, and **A**ward yourself for civil behavior

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Need help or have questions about facilitating Civilitas? Please contact our team at [civilitas@bellin.org](mailto:civilitas@bellin.org)



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We welcome your feedback. Contact us with any questions, concerns or ideas.

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