



## THE JACKAL HUNT

Below is some typical Jackal thinking and talking. Familiarise yourself with the list and then choose an everyday situation at work e.g. attending/running a meeting, taking a decision with a colleague, driving or taking public transport to work, speaking to your boss, negotiating a deal.

Put on your **Jackal Detective Hat** and watch yourself closely in your chosen situation - like a cat watching a mouse. SPOT - OBSERVE - IDENTIFY and TICK off the Jackals that surface.

TICK ✓	Your BEHAVIOURS / THOUGHTS	JACKAL CATEGORY
	'I'm right'	The Super Judge
	'It's their fault'	The Finger Pointer
	'That's a crazy idea!'	The Super Critic
	'Our approach is better...'	The Comparer
	'You don't know what you're talking about'	The Dismissor
	'It's not my problem'	The Buck Passer
	'He's an idiot'	The Insulter
	'Have you heard the latest.....well...'	The Gossip Monger
	'I refuse to collaborate on that'	The Stonewaller
	'That's not my job'	The Shirker
	'She'll pay for this!'	The Punisher
	'I'm the boss. Just do it!!!'	The Bulldozer
	'I had to do it. I had no choice'	The Renouncer
	'Why does this always happen to me! It's not fair'	The Victim
	'For my eyes only!!'	The Information Hoarder
	'IT people are nerds! The Brits are cold!'	The Condemner
	When <b>you</b> change the 'mood' of a group /situation because of your negative attitude	The Mood Hoover