

Cycle of Escalating Cooperative Behaviour

For helping professionals, it can be challenging when clients are stressed out, defensive, or quick to engage in conflict. Things can become even more complicated when you and your client have different styles of communicating, which can amplify any difficult dynamics in the relationship. By working cooperatively with your clients and approaching them with curiosity and empathy, you can help transform the helping relationship. Use the Cycle of Escalating Cooperative Behaviour to help you facilitate more supportive interactions.

