

The Pros and Cons of Keeping Score



Brad Lebo, Ph. D.
brad.lebo@vitalgrowthllc.com
603.502.9955

What is Keeping Score?

It's making a comparison between self and others or between self and some standard.



Do People Keep Score Often?



Are You Doing It?



Why?

Call it natural.

“Positional standing” or, “your place in the world,” is part of the default programming you were born with. High standing in a social hierarchy is linked to increased survival.



How Do I Recognize When I'm Doing It?

Judging self

Judging others (exception for safety)

Gossiping

Stretching the truth to avoid shame

Not admitting to mistakes

Covering up weaknesses

Pretending to be someone you're not

Fawning

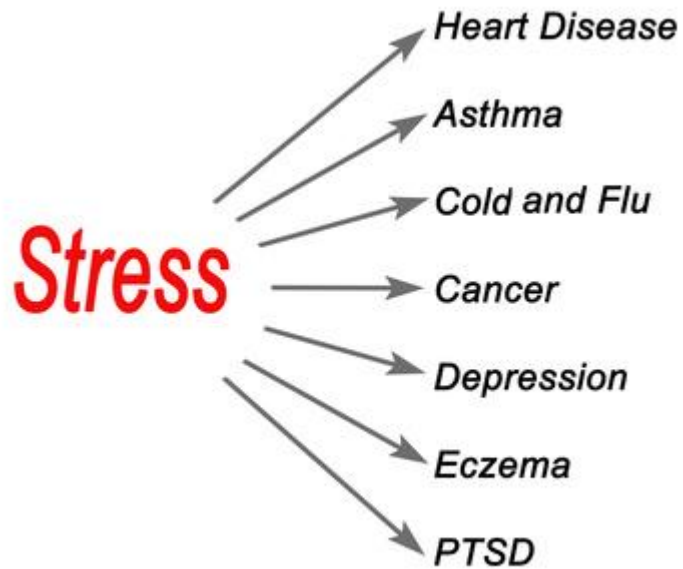


What Are the Pros of Keeping Score?



What Are the Cons?

Self - Stress

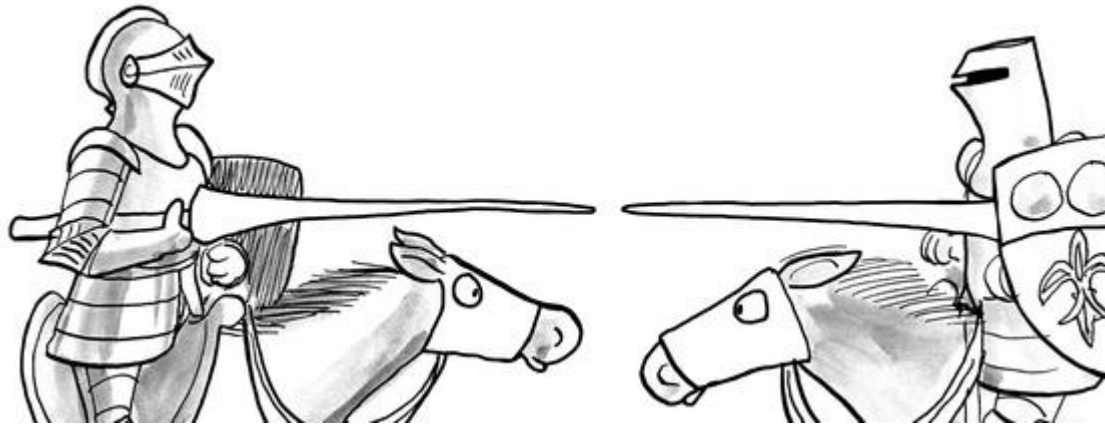


Relationships - Conflict and No Vulnerability Trust



What Are the Cons?

Organizations - Conflict, Silos and No Vulnerability Trust

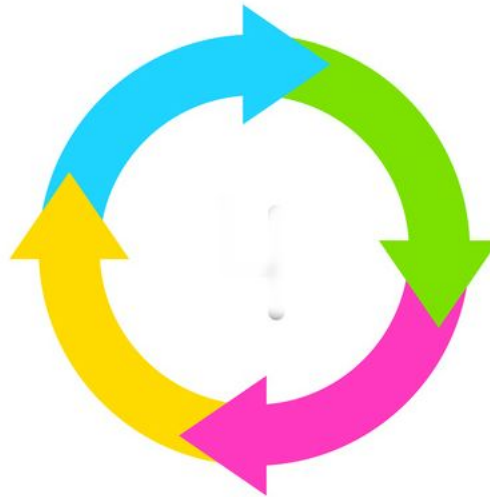


What Now?

Catch yourself keeping score - recognize the line between ASPIRING and PERSPIRING.

STOP keeping score!

Orient yourself to the present. Focus on the moment. Be curious - aspire for understanding and empathy.



Happy Holidays



Brad Lebo, Ph. D.
brad.lebo@vitalgrowthllc.com
603.502.9955