

PRAESTA

Recognising Your Derailers

What can derail you and stop you from being your best self? How well do you understand others' derailers as well as your own?

When we are under pressure, we can find ourselves defaulting to behaviours that we normally try to keep in check. The same can be true when we are bored and lacking motivation. Different people have different derailers, just as they have different strengths.

Derailers can include:

- Overplaying strengths
- Obsessing about the exact way that something should be done
- Becoming autocratic and refusing to listen to others
- Being abrupt and sharp with others if events do not go your way
- Seeing threats where they don't exist
- Withdrawing and not engaging
- Becoming too anxious to please
- Feeling unable to make decisions.

The first step in managing your derailers is to be aware of them, and ideally to have a conversation with others about what they notice. Look for clues about events or behaviours that can trigger you. You might even want to stick these on the wall as a reminder, and add notes on what helps you to get back to equilibrium. It might be sleep, or music or exercise, or talking to a friend: what normally works for you?

When you are triggered in the moment, you might:

- Breathe deeply and give yourself time to think before reacting
- Check your body language and tone of voice
- Remember what strategies have worked well for you in the past
- Seek the perspectives of trusted others
- Look for opportunities in every adverse event
- Ask yourself how important the issue is in the great scheme of things: will it 'blow over' or is it more significant?

Above all, be mindful when you might be the cause of others becoming derailed. They will have bad days too when they need your understanding and patience.