

4N CHART



THINK FC

• Authentic • Connect • Trust

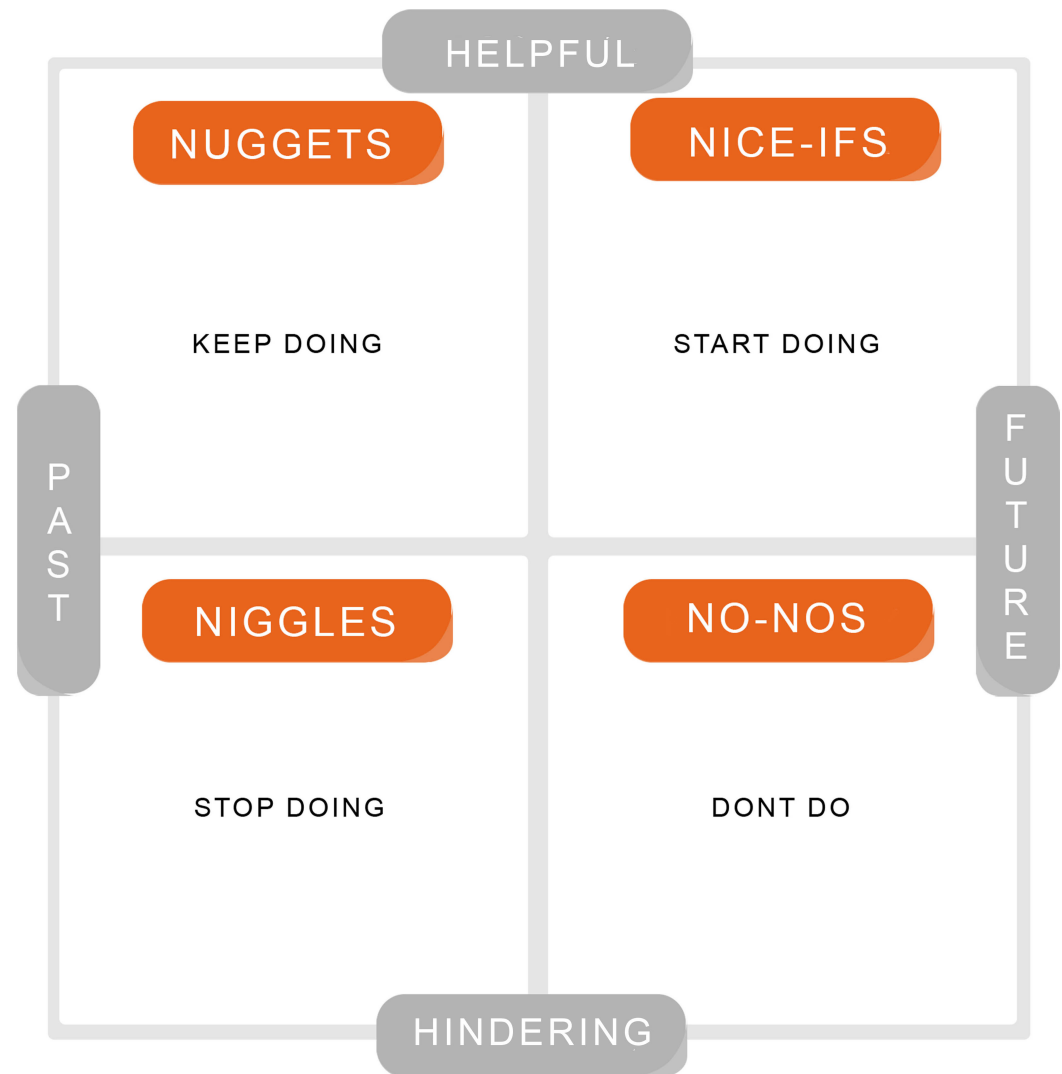
The **4N CHART** is a simple and powerful tool to allow for open and healthy relationships.

It can be used at the start of a new group or project, to review existing teams and groups and for your own personal relationships.

The vertical line down the middle separates the past on the left from the future on the right.

The horizontal line across the middle separates the **HELPFUL** above the line from the **HINDERING** below the line.

Share your or the groups ideas, on the chart grouping them according to the four boxes.



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Start in the bottom left and focus on any **HINDERING** behaviours that you want to stop.

Focus on a behaviour and then work backwards asking yourself “why?” a number of times until you feel you have found the real cause of that feeling.

Go to the top left and focus on the **HELPFUL** behaviours that work well. This is worth spending a little time on as we are not used to doing this and these elements are often taken for granted. Ask “what else” a number of times as there are always more nuggets than we see at first.

Go to the top right and focus on the **HELPFUL** behaviours that you would like more of. That you would like more of. What would you need to have more of these? Ask - How can have more of these feelings in this situation.

Finally go to the bottom right. These are the **HINDERING** behaviours you do not want in the future, understand their root cause, why and how we can avoid them.

