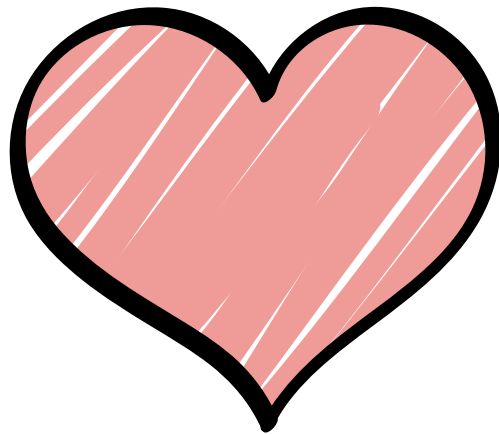


THE NEURORELATIONAL FRAMEWORK'S
Who We Are In Safety

HEART



Responds
We Build Trust

HAND



Directs
We Guide

HEAD



Reflects
We Collaborate

THE NEURORELATIONAL FRAMEWORK'S

Heart, Hand, and Head (HHH)

Who we are in Safety

Heart, Hand, and Head (HHH) is a way to understand personal and interpersonal or relational styles.

As far as we know, the origins of HHH began as a personality theory at Michigan State University in the 1970's. The NeuroRelational Framework invites you to consider that you might have all three types of relational styles that are integrated, or different aspects of yourself may come to life depending on who you are with when you are in the green zone in conditions of safety.

Heart: Caring and Feeling to Build Trust

Heart personalities are naturally warm, engaging, and empathic. It is easy for them to follow another person's lead and to track another person's needs. Reading nonverbal cues in others is often an accompanying strength. In general, this style prefers harmony, so there is an emphasis on repairing relationships when there is conflict. They want to know, how are we doing emotionally? Put simply, heart personalities are oriented towards feeling.

Hand: Active Doing to Guide

Hand personalities are naturally active, structured, and can execute a plan well. If given a choice, they prefer to be doing something with others. It's easy for them to take the lead, setting up policies and procedures that keep things organized and moving forward. Furthermore, they press for results. They want to know, is this working? In contrast to predominantly seeking harmony, they can tolerate conflict and can be direct with others. Put simply, hand personalities are oriented towards doing.

Head: Logical Thinking to Collaborate

Head personalities are naturally able to stand back and reflect on things before acting on them. They can stay neutral while gathering more information. Due to their ability to slow things down, they often are good negotiators, educators, and problem-solvers. They often prefer to function independently of others and are self-reliant. They want to know; how or why did this happen? Put simply, head personalities are oriented towards thinking.