McFarland Lecture II

Why I Act the Way I Do and Why Others Act the Way They Do

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Disclosure

I have no financial relationships to disclose.
Goals

- Develop a greater awareness and knowledge of the role of the family in effective leadership and relationships with patients and colleagues.
Objectives

► Recognize the influence of “family role” in others.

► Evaluate the influence of your “family role” in your specialty choice and personal triggers.
We judge ourselves by our motives, others judge us by our behavior.

- AA quote
“Truth without compassion is brutality.”

- Antero Alli
Discussion Questions

- How did you decide to go into medicine?
- Have you experienced brutal truth aimed at you or others?
It is important to know your triggers that may have begun in your family of origin and to realize that others have triggers that began in their family of origin.
Family Job Description

See handout
Discussion

- How has your family job description influenced your specialty choice?

- How has your family job description influenced your triggers?

- When under stress do you speed up or slow down?

- Are you an introvert or extrovert?
Intend to Change

► Specific and clear
► Something you can count
► Behavior not attitude
► Plan / Timetable
► What are your personal barriers?
► Refer to handout
Intend to Change

I intend to change the following:

**Change:** I plan to keep track of when someone breaks one of my family rules.

**Plan / Timetable:** I will start Monday morning.

**Barriers To Success:** I am busy and will not take the time to record.
Helpful Reading


Vanderbilt Center for Professional Health

Professional Development Courses

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Questions