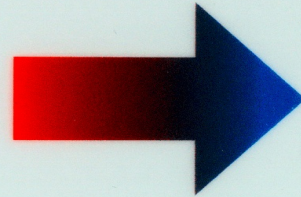


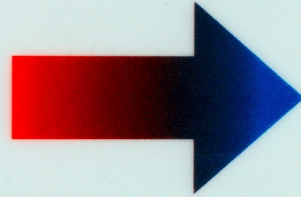
Stop the Four Horsemen with their Antidotes

CRITICISM



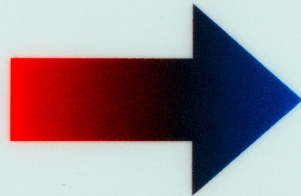
Complain
without Blame

DEFENSIVENESS



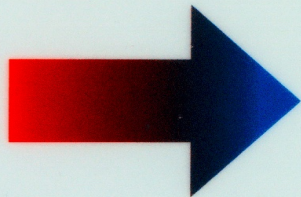
Take
Responsibility

CONTEMPT



Build Culture
of Appreciation

STONEWALLING



Do Physiological
Self-Soothing