

The Manual

Think of someone you want to change and write their name here:

Write in detail what you would like them to do.

For each item write down why you want them to behave in this way.



How do you think you would feel if they behaved this way?

How would your thoughts about them change if they behaved this way?

Do you want them to behave this way even if they don't want to? Why or why not?

What do you make it mean about you when they don't behave how you think they should?

When someone else wants you to behave in a certain way so they can feel good, what is that like for you?

