

Sample Self-Reminders

This page will help you with Step 1 (Remember: Do Something Different) of *THE SEQUENCE*

When I'm upset with _____ first	When _____ is upset with me first
<ul style="list-style-type: none"> ➤ You deserve to be listened to. Don't make it harder for her to hear you! ➤ Be smart! She can't help being defensive if she feels attacked. ➤ Don't worry, she'll start caring more about how you feel if you are able to react well in this kind of situation. ➤ Just because you approach her with a less critical attitude doesn't mean that you have to be OK with her thinking or actions. ➤ It won't cost you a thing to relax and adjust your attitude before you talk to her. ➤ You want her to stop doing that, right? You have the power to influence her, but not if you react the way you usually do. ➤ You're gonna feel better if you handle this like the people in those studies who are destined to succeed in relationships. 	<ul style="list-style-type: none"> ➤ Just relax! You can afford to hear her out. You've got plenty of time to stand up for yourself later, if needed. Make sure you really understand her first. ➤ Don't worry, she won't be upset with you like this nearly as much in the future if you are able to react well in this kind of situation now. ➤ Just because you try to respond to her with an understanding attitude doesn't mean that you have to give in. You can try to see things from her point of view and still stand up for yourself later, if needed. ➤ Just because she's upset doesn't mean you did anything wrong. It just means she had a different expectation or priority than you. It's natural for people to get upset when they don't get what they really wanted. ➤ You want her to stop getting so upset with you, right? You have the power to make a difference here! ➤ You're gonna feel better if you handle this like those people in those studies who are destined to succeed in relationships.

