

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 him to hear you! ➤ Be smart! He can't help being defensive if he feels attacked. ➤ Don't worry, he'll start caring more about how you feel if you are able to react well in this kind of situation. ➤ Just because you approach him with a less critical attitude doesn't mean that you have to be OK with his thinking or actions. ➤ It won't cost you a thing to relax and adjust your attitude before you talk to him. ➤ You want him to stop doing that, right? You have the power to influence him, 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 him out. You've got plenty of time to stand up for yourself later, if needed. Make sure you really understand him first. ➤ Don't worry, he 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 him with an understanding attitude doesn't mean that you have to give in. You can try to see things from his point of view and still stand up for yourself later, if needed. ➤ Just because he's upset doesn't mean you did anything wrong. It just means he 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 him 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.