

THE MANUAL

- 1** Think about someone you want to change and write their name here.
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- 2** Write, in detail, what you would like them to do.
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3 For each item, write down why you want them to behave in this way.

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

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

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

7 What do you make it mean when they don't behave this way?

8 When someone wants you to behave in a certain way to make them feel good, what is that like for you?