

ASKING YOUR PARTNER TO MAKE CHANGES

....means you must be ready to make changes yourself !

Make a list of small behaviors which you would like your partner to try. Exchange your list with your partner's list. These requested behaviors must have five characteristics:

1. They must be specific. (*I would like you to make the bed each morning*)
2. They must be positive. (*Please pick up your dishes from the TV room rather than Don't leave your mess behind*)
3. The behaviours must not concern past conflicts or old demands.
4. The behaviours must be those which can be done on an everyday basis.
5. They must be minor ones...done easily. (as opposed to *I would like you to put a new roof on the house*)

Don't forget to say **Thank you** when you notice your partner making changes!