

## I HAVE HAD SOME OF MY MOST SUCCESSFUL MOMENTS WHEN I . . .

### A. 1. I WAS AFRAID TO SAY . . . BUT SAID IT ANY WAY

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### 2. MADE REPEATED, SMALL OVERTURES TO LIKE ANOTHER PERSON

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### 3. SAID "I LIKE YOU" FIRST INSTEAD OF WAITING FOR THE OTHER TO SAY IT

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### B. 1. ASKED "HOW DO I GET INCLUDED HERE?" – BECOME A MEMBER HERE ?

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### 2. MADE MYSELF ACCEPTABLE OR HELPFUL IN SMALL WAYS, TO OTHERS

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### 3. SAID "MAY I JOIN YOU?" TO OTHERS WITHOUT BEING INTRUSIVE

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### C. 1. APOLOGIZED FOR BEING – PUSHY – PASSIVE – INTRUSIVE – WITHDRAWN

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### 2. CAREFULLY REPEATED MY REQUESTS TO BE HEARD – UNTIL I WAS HEARD

LO 0 1 2 3 4 5 6 7 8 9 10 HI

### 3. ASKED ANOTHER PERSON IF THEY WOULD HEAR MY VIEWS ON SOME ISSUE

LO 0 1 2 3 4 5 6 7 8 9 10 HI

1. WHAT DO YOU DO WHEN THAT HAPPENS ? WHAT DO YOU THINK ? HOW DO YOU FEEL ?

2. WERE YOU TAUGHT TO DO THAT, OR DID YOU DECIDE TO DO THAT ON YOUR OWN ?  
IF TAUGHT – WHO TAUGHT YOU? - IF YOU DECIDED – WHEN/WHAT WAS THE SITUATION?

3. WOULD YOU SAY YOUR BEHAVIOR IS PASSIVE, ACTIVE, POLITE, REQUIRED, NICE, NASTY, SWEET, ETC. ?



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.