

THE ADULT EGO-STATE QUESTIONS FOR RATIONAL INQUIRY

HEY ! CHRIS, WILL YOU DO ME A FAVOR ?

WHAT IS YOUR RESPONSE ?

IMMEDIATE COMPLIANCE ?

GUILT ABOUT WANTING TO SAY NO ?

FEAR OF SOME IMPOSSIBLE DEMAND ?

ANGER AT THEIR DEMAND / REQUEST ?

FEELING OVERWHELMED BY THEIR DEMAND / REQUEST ?

SCARED THAT YOU CAN'T PERFORM THE UNKNOWN DEMAND / REQUEST ?

"SURE, NO PROBLEM" -- BLIND COMMITMENT WITHOUT INFORMATION

"WHAT IS IT THAT YOU WANT ?" -- REQUEST FOR DATA BEFORE COMMITMENT

IN ORDER TO SHORT-CIRCUIT AN EMOTIONAL (AND POTENTIALLY DISASTROUS OR DESPERATE FEELING-DRIVEN RESPONSE) YOU HAVE TO GET ENOUGH INFORMATION ABOUT WHAT IS INVOLVED WITH THE DEMAND / REQUEST. WHAT DOES IT MEAN TO YOU, TO THEM?

SO YOU THINK ABOUT THE RATIONAL, ADULT EGO-STATE QUESTIONS FOR INFORMATION

WHO :	Who is involved now, or who may be from the past, or in the future ? What is their interest, professional, personal, sex, power, money ? Are they responsible, trustworthy, dependable, or a rip-off artist ?
WHAT :	What is involved, resources -- time, money, energy ? Are you available to use your resources ? Do have the resources, Can you spare them ?
WHERE :	Is this grossly inconvenient for you ? Is it safe ? Does it impact dignity ?
WHY :	Why is it important, and to whom, do they care about the impact that the "favor" may have upon you ? What values (and potential conflict) are involved ? Is this reciprocal ? What's for you -if anything- in return?
WHEN :	When is it desired / required, does it fit into your time plans ? Is it a gift ? If not, when do you get back something ? Is there an agreement ? Are they as good as their word ? Will they make a clear commitment ?
HOW :	How is this going to play out, who does what ? What happens next ? Then what happens ? Will they keep up their end of the bargain ?
HOW MUCH :	How much (resource) is involved, how much time, energy, money, etc. Is it within your reasonable ability to perform ? Look at the big picture.

HEALTHY SELF-INTEREST BEGINS WITH THE RESPECTFUL INQUIRY AND UNDERSTANDING OF OTHERS SELF-INTEREST

ALWAYS REMEMBER TO LISTEN TO EVERYBODY'S FAVORITE RADIO STATION

WII-FM -- WHAT'S IN IT FOR ME

**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.**

