

ERIC WEINSTEIN'S PARTIAL LIST OF NURTURING LOVABLE BEHAVIORS

Let someone else go first • BE CHARMING AND GRACIOUS • be cute with a cute person • CARRY SOMEONE ELSE'S PACKAGE FOR THEM • do what someone tells you without question • DRIVE SOMEONE SOMEWHERE THEY WANT TO GO • help someone with their shopping • HELP SOMEONE WITH THEIR HOMEWORK • ask others--shy types--what they think • GIVE DIRECTIONS SLOWLY, WARMLY, AND CLEARLY • explain points others miss without being condescending • GIVE STRAIGHT FACTS TO SOMEONE ABOUT GROWING UP • give frank information about a movie, a haircut, etc.--Adult to Adult • DON'T ALWAYS BE THE ONE TO TALK UP--LET OTHERS CONTRIBUTE IN CLASS, AT WORK, ETC. • be patient and appreciative with a bureaucrat • BE PLEASANT AND OPEN MUCH OF THE TIME • listen carefully to someone's thinking--because it is important and accurate for them • ACCEPT INCONVENIENCE WITH GRACE • tell a joke • VERBALLY NOTICE A HURT • talk with others about someone present in a fun way • GIVE SOMEONE A FIRST DEGREE HARD TIME • buy someone something • REMEMBER AND BRING UP AN OLD CONCERN • take a coat for someone • DO FIRST DEGREE FLIRTING • smile when saying hello • ACT EGOTISTICAL IN A FUNNY WAY FOR OTHERS • be a first degree fall guy • TOUCH A WORLD-WEARY • fill an awkward moment • JOKE ABOUT A MISTAKE • fight with someone first degree • ABSORB AND DEAL WITH SOME HITS FROM OTHERS • be enthusiastic about what someone else is doing • TELL SOME OF THE ANSWERS--ABOUT THINGS YOU KNOW • explain self, freely • LET A PERSON BE ALONE BUT KEEP NOTICING THEM • phone them about them • DROP THEM A CARD--SOMETHING UNEXPECTED • joke about fears • STROKE AN ACCOMPLISHMENT WITHOUT CALLING ATTENTION TO SELF • personalize humor for them • ASK SOMEONE TO HELP YOU FROM YOUR NURTURING PARENT TO THEIR KID AND PROVIDE PROTECTION • buy someone lunch • COMPLIMENT A WAITRESS • cook someone a surprise dessert • GIVE FOOT, NECK, OR BACK MASSAGE • send flowers through the mail • THINK AHEAD TO HELP OUT • be a minor character in the other persons inter-action • ENJOY SOMEONE ELSE'S HAPPINESS WITH THEM • accept a person's statement about themselves • MAKE A SPECIAL SURPRISE VISIT TO THEIR WORKPLACE • do it someone else's way even if they aren't doing it the "best" way • REINFORCE SOMEONE'S POSITIVE HABITS • share a doughnut • GIVE AWAY THE LAST HELPING • share a similar "baddie" with them • LAUGH AT AN UNFUNNY JOKE TO HELP THEM OUT • let some-one know you appreciate their humor • GIVE A PERSON BACK THE KIND OF HUMOR THEY LIKE • let someone know that you appreciate the work that they have done • SAY GOODBYE WITH A WARM "I ENJOYED YOUR COMPANY" SMILE • decide what's best for some-one, by refusing a gift that they cannot afford to give you, etc. • AVOID A SENSITIVE SPOT IN THE CONVERSATION • share a treasure--a material goodie • SHARE A WARM MEMORY WITHOUT CALLING ATTENTION TO YOURSELF • tell short interesting stories • TALK SOFTLY WITH FIRST DEGREE PERSON • research out options for an evening out--then discuss with another person • USE SOMEONE'S NAME OFTEN • be a confidant for someone • BE CONFIDENT FOR SOMEONE • listen--don't talk for a while • TELL SOMEONE YOU LIKE THEM • invite them to change • STROKE SOMEONE IN WAYS THEY DON'T USUALLY GET STROKED BUT THAT THEY NEED • go to someone's house when they want you to • BE EASY WITH A FRIEND ABOUT WHAT TO DO TOGETHER • support someone else's joke and feed it

These are Eric's 82 nurturing, loving & reaching out behaviors--NOW YOU ADD 12 MORE TO MAKE THE LIST AN EVEN 100 use them in good health -- yours and theirs



**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.**