

THE MANUAL

Do you find yourself thinking "they should, he should, she should?"

What do you believe the other person could do or should do or behave like that would make you happy or make you feel better?

What do you make it mean if they do or don't do what you would like?

How do you think that you would you feel if they did what you think they should do?

How would your feelings about them change if they did what you think they should or shouldn't do?

Do you want this even if they don't want to?

Have you ever had someone who wanted you to behave a certain way to make them feel good? What was that like for you?

What is it exactly that you want to feel?

When have you felt like that in the past?

What thoughts were you thinking?

How could you take responsibility for your own emotions in this circumstance?