

Our Relationship Habits



External Control

Seven Deadly Habits

1. Criticizing
2. Blaming
3. Complaining
4. Nagging
5. Threatening
6. Punishing
7. Bribing or rewarding to control

Choice Theory

Seven Caring Habits

1. Supporting
2. Encouraging
3. Listening
4. Accepting
5. Trusting
6. Respecting
7. Negotiating differences

Group Exercise:

Discuss first with a partner how you have used the habits in your life and add to both lists of habits any that you have used or have been used on you. Compare and discuss the list you and your partner have compiled with the larger group.