WHAT WILL YOU CHOOSE?

RELATIONSHIP <u>DEVELOPMENT</u>

RELATIONSHIP DESTRUCTION

APPRECIATE | CRITICIZE

Be RESPECTFUL | CONDEM

Be GRATEFUL | COMPLAIN

GRATITUDE | ENTITLEMENT

LOVE | FEAR

GIVE OR RECEIVE | TAKE

TRANSPARENCY | HIDE

OPENNESS | CLOSED

Be PRESENT NOT PRESENT

KINDNESS HARSHNESS

INVITE / REQUEST DEMAND

SHOW UP | DISAPPEAR

HONESTY DISHONESTY

TRANSPARENCY | MISREPRESENTATION

GENEROUS | SELFISH

CONSIDERATE INCONSIDERATE

THOUGHTFUL INSENSITIVE

PASSION-BASED ANXIETY-BASED

DESIRED OUTCOME-FOCUSED | PROBLEM-FOCUSED

RELATIONAL-COMMUNICATION BLAMING-COMMUNICATION

Point of view: Point of view:

CREATOR or MANIFESTOR VICTIM

COACH or VISIONARY RESCUER

CHALLENGER or INSPIRER | PERPETRATOR

Integrity is the essence of everything successful. – Buckminster Fuller

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