

Create Conditions and then Experiences!

Relationships are conditional. In fact, they are **all about** conditions!

- 1) When angry, do not engage in: criticism, judgment, parenting authority, or threat. Instead, **think and ask** for the wanted experience – the wanted outcome.
- 2) Accept, decline, or negotiate the conditions.
- 3) Engage in an exchange of conditional needs and wants with the **hope** that to the extent that you make efforts to meet their needs they will do the same for you.
- 4) Create the policy: “so, from now on... (state the policy in positive terms).”
- 5) Have an ongoing expression of the conditional needs and wants.
- 6) Create predictable experiences – Trust.