

Everything you have tried in order to change your partner, and what it cost

Did my actions enhance and enrich our relationship in the long term? If not, what has this cost me/us?

Influence, not control

Additions: what the audit usually shows, and the move that works better

What most people find. The controlling actions worked for an hour and cost a week. Nagging, sulking, threats and lectures change behaviour briefly and change the relationship permanently. What is left in your hands is influence: being clear about what you want, being the partner you would want to say yes to, and accepting what you cannot make happen.

FROM CONTROL TO REQUEST

- A control move tries to make them do it. A request tells them what you would like and leaves the choice with them.
- A request has four parts: the situation, how it affects you, what you would like, and a thank-you in advance.
- If the answer is no, you have learned something true. Then the question becomes what you will do, not how to make them.

One thing from my audit, rewritten as a request

What I will do if the answer is no

What I can change on my side that would make a yes more likely
