

THE MANUAL

1. Think about someone you want to change and write their name here.
2. Write, in detail, what you would like them to do.
3. For each item, write down why you want them to behave in this way.
4. How do you think you would feel if they behaved this way?



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5. How would your thoughts about them change if they behaved in this way?
6. Do you want them to behave this way even if they don't want to? Why or why not?
7. What do you make it mean that they don't behave this way?
8. When someone wants you to behave in a certain way so they can feel good, what is that like for you?

