

Unspoken Assumptions/Expectations

- What story am I telling myself?
- What are my assumptions?
- What were my expectations?
- Did I make a clear request?
- Was I clear in what I was asking?

What Is Your Intention?

- What do I want? (What am I acting like I want?)
- What do I want for others?
- What do I want for the relationship?
 - How would I behave if I really did want this?
 - What do I not want?
 - How should I go about getting what I really want and avoiding what I don't want?

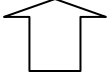
Moments of Awareness (Peter Senge)

1. What is happening right now? (Stretch it out by asking yourself three subsidiary questions)
 - a. What am I doing right now?
 - b. What am I feeling right now?
 - c. What am I thinking right now?
2. What do I want right now? (In other words, ask yourself what you are trying to achieve in this conversation. Often simply the act of asking this question will provide a change without your making a deliberate decision to change). This leads to a third question...
3. What am I doing right now to prevent myself from getting what I want? (Make a choice at this moment. All you need to do is to say the phrase to yourself, "I choose..." And finally,
4. Take a deep breath, and move on.

THINKING PATH

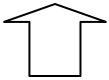
Results

(What did I want to achieve.... What do I want to achieve.... What would I like to achieve?)



Actions

(What actions did I take.... What actions do I want to take.... What actions would I like to take?)



Feelings

(What was I feeling.... What am I feeling.... How would I feel....?)



Thinking

(What was I thinking when... What am I thinking now..... What would I be thinking....?)

TRUE, FALSE UNKNOWN

T	F	U	1. After being yelled at, the young man poured something into the machine.
T	F	U	2. The young man's sister worked there.
T	F	U	3. Two men were involved in this story.
T	F	U	4. If the supervisor had not yelled at the young man, he might not have ruined the machine.
T	F	U	5. It took the supervisor a month to realize the new recruit had ruined the machine.
T	F	U	6. Sand was put in the machine.
T	F	U	7. One man yelled at another; the new recruit poured sand in a machine; someone was fired.
T	F	U	8. The supervisor fired the new recruit.
T	F	U	9. The new recruit was a man.
T	F	U	10. The new recruit got revenge on the supervisor, but the supervisor retaliated in the end.
T	F	U	11. No one was fired.
T	F	U	12. The young man's sister quit.
T	F	U	13. The new recruit waited until the boss was gone before pouring sand in the machine.
T	F	U	14. When the supervisor found that sand had been poured in the machine, he fired the young man.