**Less Productive Intentions**

Directions: As you review this list, check-off any less productive intentions you have ever thought or could possibly think in the future. How might you react less effectively out of these?

* + win the argument
	+ get even; get them back
	+ to be right; prove the other person wrong
	+ to prove you are competent, smart
	+ assert your power and authority
	+ gain status and prestige; be admired
	+ be in control
	+ intimidate the other person
	+ “put them in their place,” shut them down
	+ punish the other person
	+ embarrass or put down
	+ make them feel the pain and hurt you feel
	+ change the other person’s views, feelings or behaviors
	+ to make people learn
* trick and “out fox” the other person
* keep the conversation “under control”
* avoid intense emotions: in self and others
* make everyone feel happy and harmonious
* avoid feeling or being viewed as “incompetent”
* control how others feel about you
* to be seen as a “good one,” an ally
* use the current opportunity to “right the wrongs” you experienced in the past
* change the other person to account for times you either didn’t or couldn’t shift oppressive dynamics earlier in your life
* ignore them
* seek approval of others
* to be liked, to fit in
* avoid confrontation and conflict