## STEP 5: IDENTIFY UNPRODUCTIVE, "NEGATIVE" INTENTIONS YOU SOMETIMES CHOOSE

Directions: Think about a few times you have reacted less effectively during difficult conversations. As you review the following examples, check-off any of these less productive intentions that seem familiar to you, and add any additional ones (I have reacted out of all of them at some point!):



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 them down
make them feel the pain you feel
keep the conversation "under control"
be liked, fit in

change the other person's views, feelings, or behaviors to make people learn trick and "outfox" the other person 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 ignore them use the current opportunity to "right the wrongs" you experienced in the past seek approval of others avoid confrontation and conflict make them feel the pain you feel keep the conversation	
trick and "outfox" the other person 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 ignore them use the current opportunity to "right the wrongs" you experienced in the past seek approval of others avoid confrontation and conflict make them feel the pain you feel keep the conversation	
person 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 ignore them use the current opportunity to "right the wrongs" you experienced in the past seek approval of others avoid confrontation and conflict make them feel the pain you feel keep the conversation	to make people learn
self and others  make everyone feel happy and harmonious  avoid feeling or being viewed as "incompetent"  control how others feel about you ignore them  use the current opportunity to "right the wrongs" you experienced in the past seek approval of others  avoid confrontation and conflict  make them feel the pain you feel  keep the conversation	
and harmonious avoid feeling or being viewed as "incompetent" control how others feel about you ignore them use the current opportunity to "right the wrongs" you experienced in the past seek approval of others avoid confrontation and conflict make them feel the pain you feel keep the conversation	
viewed as "incompetent"  control how others feel about you  ignore them  use the current opportunity to "right the wrongs" you experienced in the past seek approval of others  avoid confrontation and conflict  make them feel the pain you feel  keep the conversation	
about you  ignore them  use the current opportunity to "right the wrongs" you experienced in the past seek approval of others avoid confrontation and conflict make them feel the pain you feel keep the conversation	o o
use the current opportunity to "right the wrongs" you experienced in the past seek approval of others avoid confrontation and conflict make them feel the pain you feel keep the conversation	
to "right the wrongs" you experienced in the past seek approval of others avoid confrontation and conflict make them feel the pain you feel keep the conversation	ignore them
avoid confrontation and conflict make them feel the pain you feel keep the conversation	to "right the wrongs" you
conflict make them feel the pain you feel keep the conversation	seek approval of others
you feel keep the conversation	
	•
"under control"	keep the conversation "under control"

Next, imagine thinking some of these negative intentions. How might you react unproductively if you think these?				

