

The third OPTION™

POWER WORKSHEET #4

- "When *ONE* of us *WINS*, we both lose."
- Success = Cooperation
- "Eventually I had to decide if I wanted to be *RIGHT* or married. I decided I wanted to be married. So, I had to give up always being right." - Anonymous
- Battlegrounds may vary from finances to sex to children but the *ISSUE* is *POWER*.
- "Get on the Same Team."

SUGGESTED EXERCISE:

Keep "score" for one week. Who wins/loses? Where does this suggest my work is?

QUESTIONS TO PONDER

SELF:

Am I a powerful person or a powerless person? Do I always have to *WIN*? Or, do I always give up easily, just to "keep the peace?" And then resent it?

IN RELATION TO MY SPOUSE:

Am I a "team player" in our marriage? Do I allow my spouse his/her own opinions, tastes and preferences? Can I take suggestions? Do I always have to be right, know all the answers, or call the shots? What tactics do I use to get what I want? Am I a bully or manipulator? When I don't get what I want do I fall into self-pity and feelings of rejection and being unloved? Can I compromise?

POSSIBLE GOALS

- I will give up always having to *WIN* or be *RIGHT*.
- I will start insisting on "fairness" in our marriage.
- I will learn to negotiate and compromise.

MY GOAL IS: