

12 GOOD Reasons NOT to Listen*

1. Truth. I'm right and you're wrong.
2. Blame. It's all your fault.
3. Defensiveness. I have <i>every right</i> to defend myself. You're full of B.S.
4. Mistrust. If I listen to you, you'll take advantage of me.
5. Denial. I'm the victim here. This problem isn't my fault.
6. Entitlement. You should be the way I expect you to be.
7. Control. I want to keep you in a one-down position.
8. Power. I enjoy intimidating you. I like to keep you under my thumb.
9. Competition. One of us must win and one of us must lose.
10. Revenge. I have the right to punish you. You deserve to suffer.
11. Problem-Solving. If we have a problem, we should try to solve it.
12. Hidden Agendas. I don't really want to get close to you.

12 GOOD Reasons NOT to Express Your Feelings

1. Conflict Phobia. People with good relationships should never fight or argue. Conflict is dangerous.
2. Disclosure Phobia. I can't let you see how I feel inside.
3. Emotional Perfectionism. I <i>shouldn't</i> feel the way I do. I need to control of my emotions.
4. Submissiveness. I should always please you, even if I make myself miserable in the process.
5. Approval Addiction. I can't risk criticism. I need your approval to feel happy and fulfilled.
6. Love Addiction. I can't risk rejection. I need your love to feel happy and fulfilled.
7. Perceived Narcissism. You're fragile. If I tell you how I feel, our relationship will fall apart.
8. Hopelessness. I've tried everything and nothing works. You'll never change.
9. Pride. I'm above feeling angry. I don't want to lower myself and let you see how upset I feel.
10. Helping. I must help you if you're upset.
11. Passive-Aggression. I'll punish you with silence. I'll act innocent and get back at you indirectly.
12. Mind-Reading. If you really loved me, you'd know how I feel and I wouldn't have to tell you.

12 GOOD Reasons NOT to Treat the Other Person with Respect

1. Disdain. You don't <i>deserve</i> my respect.
2. Condescension. I can't think of <i>anything</i> good to say about you.
3. Hostility. I'm too angry to treat you with respect.
4. Entitlement. You <i>shouldn't</i> be the way you are. I intend to punish you until you change.
5. Blame. You're entirely to blame for our problems.
6. Fear of Vulnerability. I don't want to look weak.
7. Lack of Desire. I don't want to treat you with respect. I don't want to be close to you.
8. Truth. How could I <i>possibly</i> treat you with respect? After all, I have to be honest!
9. Genuineness. It would sound phony.
10. Justice. I have the right to get back at you.
11. Revenge. You've treated me poorly, so I have every right to get back at you.
12. Hopelessness. It won't do any good. You'll never change.