

7 CONNECTING & 7 DISCONNECTING RELATIONSHIP HABITS

Connecting Habits

1. Supporting
2. Encouraging
3. Listening
4. Accepting
5. Trusting
6. Respecting
7. Negotiating

Disconnecting Habits

1. Criticizing
2. Blaming
3. Complaining
4. Nagging
5. Threatening
6. Punishing
7. Rewarding to control

ULTIMATE QUESTION:

Is what I'm choosing to do resulting in connection or disconnection in my relationship?