

# DON'T WANT WANT LIST

Write down the kind treatment you no longer wish to tolerate in relationship. Completely vent and get it off your chest. In left column write down every upset or complaint. Then, go back to beginning, read your don't want. Cross out the don't want and then write down what you DO WANT. Work your way down the list. Focusing on your wants and affirms your worth and will support you to attract the change in relationship you desire.

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