

Table 2.1	
Habits of People Who Know How to Get Their Partners to Treat Them Well	
Disagreement-Related Habits	
1.	Avoid Erroneous Fault-Finding
2.	Find the Understandable Part
3.	Identify Underlying Needs, Values and Worries
4.	Offer Assurance
5.	Give and Ask for Equal Regard
6.	Stand Up for Yourself Without Making a Big Deal About The Fact That You Had To
a.	Ask and Offer
b.	Broaden the Scope
c.	Temporarily Distance Yourself
d.	Don't Make a Big Deal of It
e.	Try Again Later
f.	If Needed, Refuse to Continue Business as Usual
Friendship Habits	
7.	Curiosity About Your Partner's World
8.	Noticing and Acknowledging the Positive
9.	Pursuing Shared Meaning
10.	Making and Responding to Bids for Connection