

Table 12.2
Making a Request for More Connection or Engagement

<p align="center">Formula for Success</p>	<p align="center">Ineffective Alternative <i>(sometimes conveyed with attitude rather than words)</i></p>
<p>“There’s nothing wrong with how you have been acting. It’s just different in some ways than what I would like. I realize we’re different and I don’t expect you to be exactly how I want you to be. I’m sure that part of the solution is for me to make some adjustments in my expectations. But I hope you ‘ll consider trying some different things, too.”</p>	<p align="center">“Anyone who had their wits about them would know that this sort of thing is important in a relationship and realize that they should be doing it without being asked!”</p>
<p>“What do you think might help you feel more like connecting in the way I’m wanting?”</p>	<p>“I don’t care if you feel like doing it or not. Grow up! Buck up! It’s your responsibility!”</p>
<p>“Any efforts you put into this would mean a lot to me.”</p>	<p>Failing to express appreciation when efforts are made. Criticizing the efforts for being sub-standard.</p>
<p>“By the way, what would <u>you</u> like more of?”</p>	<p>Asking your partner for changes but neglecting to ask him what changes he would like you to make.</p>