## **Developing Habits for Relationship Success Version 5.0**

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1.	Some of the most important abilities are internal, not interpersonal	14
2.	Some of the most important abilities are not "couple" abilities, but rather are "indivi	dual"
	abilities	
3.	The ability to react effectively when your partner says or does things that you don't not optional. It's a requirement for anyone who hopes to have a partner who is flexible.	ble
	and considerate	
4.	If Benjamin has been unhappy with you for longer than a few months, it's very likely his attempts to get you to change have been dysfunctional	
5.	If you have been unhappy with Benjamin for longer than a few months, it's very likel	y that
	your attempts to get him to change have been dysfunctional	
6.	The single most powerful thing that you can do to get Benjamin to be more responsi	
	you is to develop the ability to react effectively when he's not being responsive	
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