

How I Try To Control My Partner

Spend some time reflecting on everything you have ever tried doing to control your partner—and then assess how effective it was in the short run and what it cost you in the long run.

What my partner says or does that I don't like	Everything I have ever said or done to get my partner to change	Did this change my partner's behaviour in the long term?	Did my actions enhance and enrich our relationship in the long run? If not, what has this cost in terms of health, vitality, pain, wasted time, anger, regret, and so on?

