

Our Relationship Habits

Seven Deadly Habits

1. Blaming.
2. Criticizing
3. Complaining
4. Nagging
5. Threatening
6. Punishing
7. Bribing or Rewarding to Control

Seven Caring Habits

1. Accepting
2. Encouraging
3. Listening
4. Respecting
5. Supporting
6. Trusting
7. Negotiating Differences

Dr. Glasser

What is wrong about both reward and punishment is that they interfere with the individual's perception of being in control.

— William Glasser, MD
Take Charge of Your Life, p. 142..

