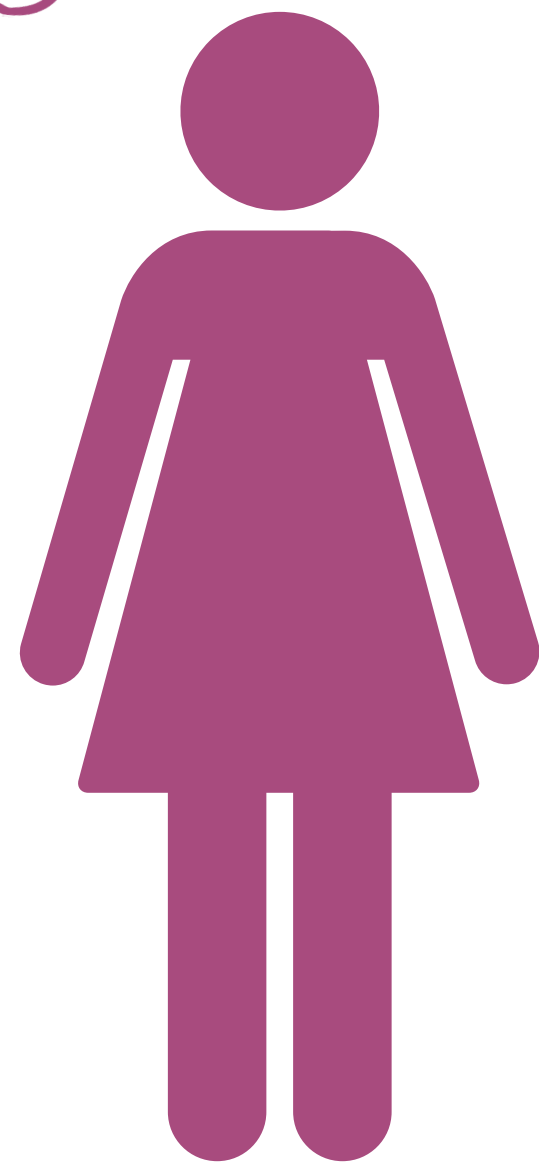


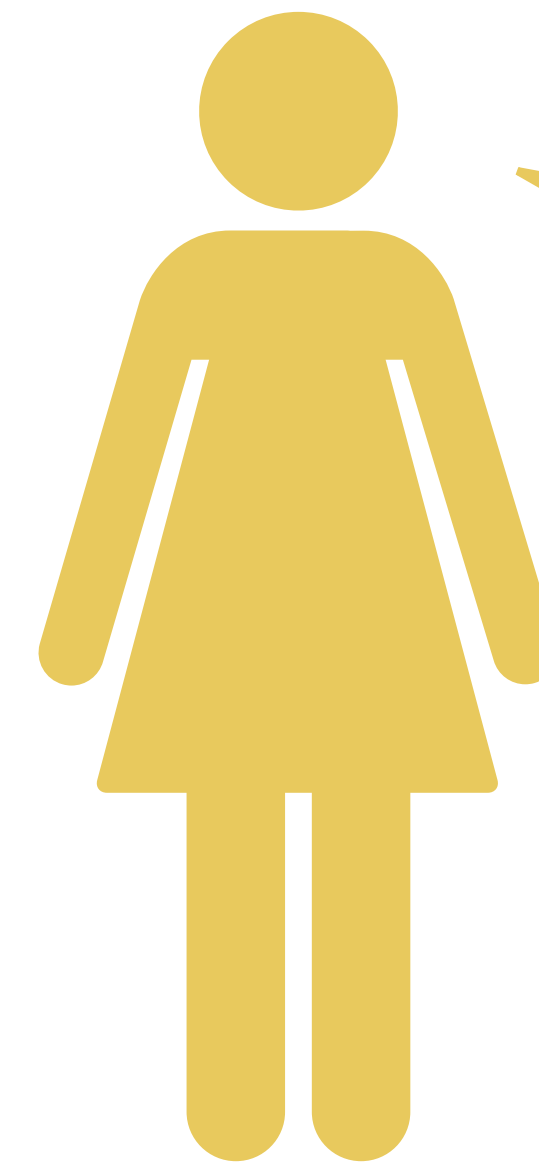
- ▶ What is a relationship?
- ▶ What are the ingredients of a great relationship?
- ▶ How to manage your own expectations in a relationship
- ▶ Your relationship rule book.

**Your relationship with anyone
is based on the thoughts
you have about them**

Thoughts about my boss



Each person's experience is individual



Thoughts about my report

**All problems
are thought problems**

Change your thinking and change the relationship

1. What you think about the person
2. What you think the person thinks about you
3. What you think about yourself in context

**How do you have a great
relationship with someone?**



Have great thoughts about them

Your Relationship Rule Book

A list of unwritten rules of
how other people should behave
(to make you happy)

**You set yourself up
for disappointment**

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