

The Seven Adjustments™



Moving from **Pain & Fear** to **Love**

Ask yourself:

1. Am I **willing** to practice new ways of thinking, listening and expressing?
2. Am I genuinely **curious** to know what is 'real' for the other?
3. Can I feel **compassion** for the pain of unmet needs on both sides?
4. Am I **willing** to **accept** what is so just as it is?
5. What authentic **reassurance** can I provide to the others?
6. What might I offer or request that would demonstrate my **understanding** of their feelings, needs and commitments?
7. What can I **appreciate** myself and the other for?