*Take a few minutes to answer each question. Don't over think it. Just write what comes to mind and be honest. The more real and open you are, the more success you will have with this program. Please email your answer back to* [*lindsay@lindsaybuchancoaching.com*](mailto:lindsay@lindsaybuchancoaching.com) *before our session.*

1. **Think about someone you want to change and write their name here.**
2. **Write, in detail, what you would like them to do.**
3. **For each item you want them to do, write down why you want them to behave in this way?**
4. **How do you think you would feel if they behaved this way?**
5. **How would your thoughts about them change if they behaved this way?**
6. **Do you want them to behave this way even if they don’t want to? Why or why not?**
7. **What do you make it mean when they don’t behave this way?**
8. **When someone wants you to behave in a certain way so they can feel good, what is that like for you?**

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