

## Want them to do things for you? Invest wisely.

There are two reasons people do things: a) because it avoids pain or b) because it is pleasing to do. Amazingly most people experience and use the first reason vastly more often than the latter. In a relationship of unequals (hierarchy, parent/child) either method will work. In a relationship of equals (marriage, friendship, long-term committed partnership) method one is short-sighted and leads to a collapse of the relationship eventually.

Making things pleasurable is the only viable long-term solution. Doing things for each other must become a pleasure. Learning how to feel generous and to make your partner feel generous are critically valuable skills. I believe, after age 8, no one is entitled to anything. People must earn what they get. Here are some reliable ideas I have found.

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<u>Earn it!</u>	<u>Spend it!</u>
<b>\$25 @ Make them feel heard (Mirror)</b>	<b>\$ -25 to -500 @ Don't listen to them</b>
<b>\$100 to 250 @ Make them feel sane (PreValidate)</b>	<b>\$ -50 to -1000 @ Interrupt them</b>
<b>\$500 @ Make them feel understood (Validate)</b>	<b>\$ -50 to -2000 @ Push them</b>
<b>\$100 to 1000 @ Make them feel cared for (Caring Behavior)</b>	<b>\$ -300 to -5000 @ Invalidate them</b>
<b>\$250 to 10,000 @ Heal them (Behavior Change Requests)</b>	<b>\$ -25 to -500 @ Active or passive lying</b>
<b>\$25 to 500 @ Share yourself with them</b>	<b>\$ -50 to - 500 @ Try to persuade them</b>
	<b>\$ -100 to -1500 @ Argue with them</b>
	<b>\$ -100 to -2000 @ Pretend to agree</b>

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**Note:** The phrase "Make them..." may seem a little odd, as elsewhere I have a OneLiner that says, "No one can make anyone feel anything." And That Oneliner is a good boundary rule.

However in this situation I am trying to make a point. We can speak of actions that are transpersonal. The action is done by one person and the reaction (desirable or undesirable) occurs in another. The action is successful if the feeling occurs in the other.

What I am trying to say is that for the Earner or Spender to be successful their partner must have the related feeling. Thus to earn \$25 the Earner must do what it takes for the receiver to feel heard. Mirroring is a training tool that teaches lots of skills that may work. But one can Mirror them and your partner of the moment may not feel heard, and no points are gained.

When I say, "Make them ...." I am just saying that to earn the points, the other person must have the feeling (heard, understood, sane, cared for, healed.) Your task, should you desire to earn the points, is to learn what works with your partner.