



#9 WIN-WIN RELATIONSHIPS

1. Name one big thing that you want from your life:
2. What are you willing to give up getting what you want?
3. One effective way to get what you want is to help someone else get what they want...who might you help? What help do they need to get what they want?
4. Power struggles often get in the way of getting what you want. These are sometimes described as “Big me, little you” or “Little me, big you” conflicts. Think of a time you used power to be the “Big” one in a situation. Describe it:
5. Now think of a time you were “Little” to someone else. Describe it:
6. Now think of a situation in which you were an equal to someone else. Describe that event and how you resolved the issue:

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7. For the following situations describe what might happen in a lose-lose situation and what a win-win would look like.

Example: You are going on a long vacation with your family. Your best friend is without a car because he is in the shop for extensive work. You decide to loan him your car while you are gone.

Lose-Lose: He gets into an accident and totals your ride. Your insurance doesn't cover it because his license was suspended at the time.

Win-Win: He takes good care of your car, waxing it and keeping it purring like a kitten. It runs much better than if it had been stored some place and your storage fees.

- a. You are failing your American Government class which is needed for graduation.

Lose-Lose:

Win-Win:

- b. Your best friend feels the need to explore the "wild side" ... He scores some "killer smoke" and demands that you join him in getting wasted.

Lose-Lose:

Win-Win:

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- c. Your boyfriend insists that if you love him you will sleep with him to prove it. You do love him, but you are not ready to have sex with anyone.

Lose-Lose:

Win-Win:

- d. Your own situation (best if it is from your own life.)

Lose-Lose:

Win-Win: