



WILLIAM GLASSER INTERNATIONAL

Our Relationship Habits

Seven Deadly Habits

- 1) Criticizing
- 2) Blaming
- 3) Complaining
- 4) Nagging
- 5) Threatening
- 6) Punishing
- 7) Bribing or rewarding to control

Seven Caring Habits

- 1) Supporting
- 2) Encouraging
- 3) Listening
- 4) Accepting
- 5) Trusting
- 6) Respecting
- 7) Negotiating differences

