

BETTER LIFE PARTNERS WITH WOMEN CRITERIA FOR PERSONAL AGENDA FOR CHANGE

- Meaningful to both partners
 - It's meaningful enough for me to take personal ownership
 - I've heard from her that my changing here would be good for her—would help her feel more loved, respected, or like a full partner
 - I think it's something I could improve in myself
 - I would benefit personally from making this change—shouldn't be just "complying" with her expectation
 - The relationship would likely benefit
 - It's on both of our lists after our conversation
- Practical enough to learn and do
 - Visible behavior rather than a general attitude
 - Something I could benefit from practicing
 - But not something very narrow and specific
- Involves positive behavior and not only the absence of negative
 - Doing more of something she likes
 - Trying a new behavior
 - Substituting a positive behavior for a negative one
- It's about my changing, not her changing
 - Progress would not require her to shift her behavior
 - My effort would not require her to notice and praise
- Small changes could make a difference
 - A trajectory of change rather than an immediate transformation
- Safe enough to share in the group
 - To tell others about
 - To share progress and setbacks
 - To be part of a group educational plan

Examples

- Would *not* fit the criteria
 - "I'd like to be more sensitive to your needs." (Too general)
 - "I'll remember to take out the garbage." (Too narrow)
 - "I'd like to be less critical of your family." (The absence of a negative)
 - "Let's go out on more dates." (Requires her active collaboration)
- Would fit the criteria
 - "I'd like to listen to you better when you are sharing things with me."
 - "I'd like to tell you more about my thoughts and feelings."
 - "I'd like to be more affectionate towards you."
 - "I'd like to share more household (or child care) responsibility, and my nomination is"