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I BELIEVE . . .

☐ Disclosing my real thoughts and feelings is risky.	☐ Disclosing what I really think and feel frees up energy and expands possibilities.
☐ My partner can't handle the truth, so it's better not to say anything.	☐ Though I have trouble handling the truth sometimes, I'll keep telling it and inviting it from my partner.
☐ It's important that I convince my partner that my point of view is correct.	Exploring my partner's point of view will lead to better decisions for both of us.
☐ I will gain approval and affection by exchanging my authentic self for the image I imagine my partner desires.	☐ My authentic self will be expanded as my partner gets to know and love the real me.
☐ Reality can't be changed. There's no point in fighting it.	☐ Perhaps we can change reality with thoughtful conversations.
☐ The best way to support my partner is to give advice.	☐ The best way to support my partner is to ask questions that help him/ her gain insight into what needs to happen.
☐ I'll keep my mouth shut. My partner probably knows best.	☐ My point of view is as valid as my partner's.
☐ I need to ignore what I'm feeling in my gut; just put my head down and pretend everything is okay.	☐ I know what I know, and what I know, I need to act on.