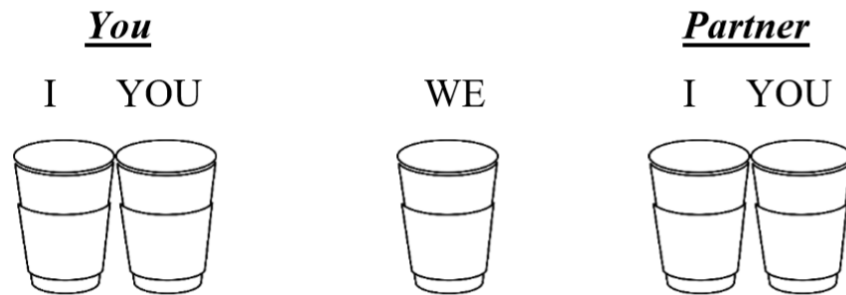


As I suggest to couples in a relationship they want to keep, set out five cups. This is easiest to accomplish when you make it a visual example. So go to your cupboard and get cups.



Mark one of yours and one of theirs with **You**.

Mark one of yours and one of theirs with **I**.

Mark just one cup **We**.

Every time you hear yourself speak, text, email or think “YOU should do something” or “YOU are” about your partner, put a dollar in the You Cup. In addition, be open to your partner handing you the You Cup in the event you’re verbally vomiting on what he or she should change to make you happy. It creates a neutral timeout for a reset.