

WHY DO YOU TREAT ME LIKE THAT? – EXERCISE:

How would you like to treat other people? Shape your answer to this question into a statement that you can repeat to yourself frequently. This statement, often referred to as an "affirmation," will help you to take the focus off of yourself and appreciate the people around you. Here's mine:

I give thanks to God for the opportunity to serve everyone I come in contact with including my wife, customers, coworkers, family, and friends. I make sure that everyone I come in contact with benefits in some way from our time together.

Why don't you try it? Copy my affirmation above or write one in your own words.

Now see how it feels to repeat this affirmation out loud. I hope you feel a peaceful feeling that you can spread to the people around you.

WHY DO YOU TREAT ME LIKE THAT? – FOLLOW-UP EXERCISE:

Do you really want to get along better with others? The exercise on the previous page is as powerful as it is simple, but it won't do you any good unless you make a decision to make it part of your daily thought process.

Here's how you can make it a habit to remember to treat people better:

1. Take the affirmation you wrote on the previous page and type it into your computer.
2. Print a copy and carry it with you wherever you go.
3. Make a commitment to saying your affirmation *with feeling* at least three times a day for the next week.

I find that the perfect time to read my affirmation is when I am leaving my house or stepping out of my car. It serves as a reminder to treat the people I am about to see the way I want to be treated.

Try this yourself and let me know how it works out. I bet that you'll find that the people around you are magically easier to get along with.