

1. Complying, giving in, being self-effacing.	Saying no.
2. Resisting suggestions; holding back.	Taking a risk; trying something new.
3. Always talking; filling any silence with words because you feel uncomfortable.	Being silent for a minute; getting in touch with uncomfortable feelings; talking about those feelings.
4. Waiting for someone to say something, then reacting.	Initiating something yourself, for someone else to react to.
5. Always smiling, even when annoyed or angry.	Talking without smiling
6. Explaining.	Simply responding with what you feel (e.g., "I have an impulse to explain")
7. Trying to get people to stop feeling a certain way.	Simply accepting the way they feel; at the same time exploring your impulses and feelings.
8. Being polite, not showing anger or judgment.	Checking to see what feelings are underneath the anger.
9. Expressing anger easily.	Accepting praise
10. Deflecting praise.	Talking about your feelings of boredom.
11. Feeling bored but being too polite to say anything about it.	Not saying anything in rebuttal – but exploring the feelings you have.
12. When challenged, defending yourself.	Being openly afraid, letting everyone know it.
13. Being afraid – and hiding your fear.	Telling others
14. Always complimenting others.	

15. Trying to get everybody to approve of you. 15. Trying to get everybody to approve of you. 15. Trying to get everybody to approve of you. 15. Trying to get everybody to approve of you. 15. Trying to get everybody to approve of you.

*In trying these experiments, the important thing is to do something that feels difficult. Old, familiar ways of behaving will probably not result in productive experiments. Moreover, a new behavior may seem difficult at first, but with practice, it gets easier. Then the new behavior may be added to your repertoire – your range of options – and it's available whenever you need it.*