

## Reflect on Your Relationship-Building Paradigms

Take ten to fifteen minutes to reflect on the following questions. Be honest with yourself so you can impact your own practice. Consider and reflect on the sentence stem activity you completed at the end of the introduction (page 13) and how it compares with your answers to the following questions.

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What attributes of the ineffective relationship paradigms (unintended enabler or negative controller) do find yourself sometimes slipping in and out of? When does this usually happen for you?

When do you find you are most like a No-Nonsense Nurturer? What attributes of a No-Nonsense Nurturer come easily to you?

What motivations or attributes of No-Nonsense Nurturers do you most want to work on? How will you collect evidence of your progress in the goals you set?