

# Seven Deadly Habits of Relationships

In dealing with conflict with others, there are a number of things that a person can do that will weaken the relationship. Here are seven of them and examples of what might be said that tend to push people further apart.

## HABIT

## EXAMPLE

- Criticizing:** "You have the worst sense of humor of anyone I know. Being with you at a party is not fun at all."  
"I'm only telling you for your own good--you are too nice."
- Blaming:** "Why do you always have to make me mad?"  
"If it weren't for you, I'd be able to be happy."  
"Because I was abused as a child, I'll never trust men."
- Complaining:** "Just for once, I'd like to be able to walk into a clean kitchen."  
"You know I like to have my dinner as soon as I get home."
- Nagging:** "I want you to take out the trash like you said you would."  
"How many times do I have to remind you to clean your room!"
- Threatening:** "If I smell beer on your breath one more time, I'll leave you."  
"You'd better be home when I get there, or else."
- Punishing:** "I'm not going to go with you because you've ignored me all day."  
"Don't think you're going to get close to me tonight after the way you acted."
- Bribing:** "If you'll do this for me, I'll make your favorite dinner later."  
"I'll go to the party with you later if you'll paint the living room this afternoon."

From Dr. William Glasser's **Reality Therapy in Action**