

# Seven Relationship Poisons & Their Antidotes



LOOK OUT FOR:

DO THIS INSTEAD:

- |               |   |                       |
|---------------|---|-----------------------|
| Judgment      | → | Accept Differences    |
| Rejection     | → | Be Friendly           |
| Anger         | → | Make Requests         |
| Hurt          | → | Ask for Reassurance   |
| Criticism     | → | See Their Perspective |
| Defensiveness | → | Take Responsibility   |
| Shutting Down | → | Soothe Yourself       |

