

Connecting Habits 	Disconnecting Habits 
<p>How do you feel about that?</p>	<p>Why do you always have to keep interrupting when I am speaking?</p>
<p>I am concerned about the decision you are making, but I accept it is your life.</p>	<p>I have had enough of this you're grounded until you get your act together!</p>
<p>Have you got time to talk to me about this now?</p>	<p>How many times do I have to keep telling you to put the dishes in the sink?</p>
<p>I am happy to wash everyone's clothes when they are in the washing basket. Has anyone got another solution?</p>	<p>Everyone leaves everything to me and nobody does anything to help around here!</p>

<p>I will leave this for you to finish off then, while I go and pick up the kids.</p>	<p>You made me do that. It is not my fault.</p>
<p>What happened today for you?</p>	<p>You make me so angry!</p>
<p>You have worked hard on that project</p>	<p>I am sick of everyone telling me what to do.</p>
<p>I can see/understand your point of view.</p>	<p>You are always spending our money on junk.</p>
<p>Can I tell you what happened at work today?</p>	<p>Stop mumbling. No wonder no one understands you.</p>

<p>You told me you were going to be home at 6.00. I was worried about you? What happened?</p>	<p>You told me you were going to be home at 6.00. It is now 10.00. Where have you been?</p>
<p>Is there anything I can do to help you get this finished?</p>	<p>Giving someone the silent treatment.</p>
<p>Well done you did a great job.</p>	<p>Now look what you made me do!</p>
<p>I am here for you if there is anything you need. Just let me know.</p>	<p>(For the 10th time.) I really want those new shoes.</p>
<p>I hear what you are saying. That must be a very difficult situation for you.</p>	<p>If you don't do that for me, I will never talk to you again.</p>

<p>I can't meet with you this Saturday. Would next Saturday suit you?</p>	<p>If you get good grades this year, I will get you that new bike.</p>
<p>Go for it. You can do it.</p>	<p>You are so selfish. You never think of anyone but yourself.</p>
<p>If you don't want to join us for the outing, that is ok. Maybe next time.</p>	<p>You are always running late.</p>
<p>I will hold your hand so that you can cross this stream.</p>	<p>If you stop crying, I will give you a lolly.</p>
<p>You are telling me that there is not going to be any alcohol at this party. So, it is ok for you to go.</p>	<p>If you don't stop calling me names, I will get my brothers to belt you up.</p>

<p>Can we find a way for you to contribute towards the cost of that new phone you want?</p>	<p>If you do that again you will be in big trouble.</p>