

Myths in the Way of Relationship and

Self-Respect Effectiveness

- I shouldn't have to ask (say no); they should know what I want (and do it).
- They should have known that their behaviour would hurt my feelings; I shouldn't have told them.
- I shouldn't have to negotiate or work at getting what I want.
- Other people should be willing to do more for my needs.
- Other people should like, approve of, and support me.
- They don't deserve my being skilful or treating them well.
- Getting what I want when I want it is most important.
- I shouldn't be fair, kind, courteous, or respectful if others are not so toward me.
- Revenge will feel so good; it will be worth any negative consequences.
- Only wimps have values.