



Meeting Your Match

Cracking the code to successful relationships

MYM Worksheet 20

Settling for less

Can you remember a time in your life when you were having a problem with someone and just gave up or gave in to the other person's desire or request? Maybe you settled for less than you needed or wanted or, in some cases, settled for nothing at all? Outline the situation briefly.

Can you remember what you were feeling? Write down your feelings at the time. Be honest!

What was going on in your head? Were you worried about losing this person's love or respect? Were you concerned about how this person might react to you if you had not given in? Was it just less stressful to give up the argument?

Think about the outcome of your giving up, giving in to or settling for less from the other person. What happened in the end – did you have a long term good quality relationship?

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