

Building Strong Relationships

PLAN B

Perceive

Love

Appreciate

Bond

Need

PLAN A

the usual
(ineffective)
methods

complain
beg
cry
dream
scheme
wait patiently
or impatiently
pretend
manipulate
flirt
mope
hope
threaten
mess up
give up

Perceive. Have you ever felt, “No one sees me, no one recognizes me”? We all need to be seen and recognized for who we are. And we need attention. Attention makes us feel that people *value* us. And it gives us strength, because it’s a form of energy. So, to nourish someone’s heart, *see* them, *recognize* them, *understand* them, and give them your precious *attention*.

Love. Can you think of anything finer than being *loved*? If you want to give a gift of true value to someone, if you want to make a big positive difference in their life, give your heart—sincerely, generously. What could anyone want or need more?

Appreciate. Everyone needs their beauty and good qualities not just to be *seen* but also *appreciated*. So express your appreciation. It will mean the world to them.

Need. People need to be *needed*. To want and need someone is to fulfill one of their deepest desires. So forget the “self-protective” attempt to avoid disappointment by not depending on others. *Dare* to need people. It gives your friend a chance to be helpful, and a motivation to be trustworthy. It brings out their strength.

Bond. By following Plan B, you’ll create strong bonds of friendship—guaranteed!

NOTE TO SELF: Plan A *doesn't* work.

Plan B WORKS: What you need, give to others.