

by Elham Akhlaghi Manesh

The Four Agreements: A Practical Guide to Personal Freedom, by Don Miguel Ruiz

Breakout Room

Sources

1. Think of at least 3 false perceptions of yourself.

1. I think I can't succeed without others.

2. I think I am always behind a certain group of people I admire.

3. I think I am helpless.
2. Think of 3 things you want to ameliorate toward someone you choose.

I choose my friend - Mahdi

1. I want to discuss about something that I kept as a secret from the starting of our friendship with him, and tell him the truth.

2. I want to share better feelings with him, since I tend to be often nagging toward him (about my personal challenges).

3. I want to be more of a help toward him, rather be a person that only asks for demands.
- Others

1. I am not taken so serious in groups.

2. Other people don't see my capabilities. I should wait until results.

3. I like to be invisible in relationships.
- Book: Fight Right: How Successful Couples Turn Conflict Into Connection, by John Gottman and Julie Schwartz Gottman

Book: Coaching and Mentoring: A Journey Through the Models, Theories, Frameworks and Narratives of David Clutterbuck, by David Clutterbuck

Book: Science and pseudoscience

4 The Third Agreement
Don't Make Assumptions

