

DIL Play

Black-and-white thoughts are absolutes - believing something is ALL good or ALL bad.

Black	DIL Play Area	White
 <ul style="list-style-type: none"> • Never • Wrong • All Out • Off • Nothing • Failure 	<p>KEYWORDS: SOMETIMES • AND • SOME</p> <ul style="list-style-type: none"> • GOOD AT SOME THINGS/BAD AT OTHERS 	 <ul style="list-style-type: none"> • Always • Right • All In • On • All • Perfect

Instead of OR, use AND	B- Work	Equal Air Time
<input type="checkbox"/> 1. Write down any ways I already do, or plan to use AND instead of OR.	<input type="checkbox"/> 2. What are all the ways I can start doing B- work, and appreciate DIL's B- work too.	<input type="checkbox"/> 3. Write some things I love and appreciate about me AND my DIL .