

How to Get On with Anyone

by Catherine Stothart

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Diagnose the style before responding**

In your next tense conversation, pause and ask: does this person need speed, energy, reassurance, or evidence from me right now? Adjust one lever before defending your point.

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⁰² **Translate one message four ways**

Take an important request and rewrite it for a driver, expressive, amiable, and analytical person. Notice how the same intent changes shape without changing meaning.

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⁰³ **Name the mismatch kindly**

When a conversation starts to snag, try: 'I may be moving too fast,' 'I might be giving too much detail,' or 'I want to make sure this feels collaborative.'

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⁰⁴ **Lead with their trust signal**

Before a meeting, choose the trust signal the other person values most: outcome, story, safety, or evidence. Put that in your first thirty seconds.

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⁰⁵ **Ask for communication preferences**

Use a simple check-in: 'Would you rather I give the headline first or walk through the context?' The question itself makes you easier to work with.

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⁰⁶ **Repair without personality labels**

Replace labels like 'controlling,' 'dramatic,' 'too sensitive,' or 'cold' with observable needs: pace, energy, safety, and detail. Then make one concrete adjustment.