

Leadership and Self-Deception: Getting Out of the Box

by The Arbinger Institute

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 **Map the box**
Write the accusation you are carrying about one person.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Name your contribution**
List one way your behavior may be helping the pattern continue.

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MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Recover their reality**
Write three pressures or needs the other person may be managing.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Choose a humane aim**
Decide what would help the relationship, not just your case.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Pause the verdict**
Before responding, ask what your story is leaving out.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Ask one real question**
Invite information that could complicate your certainty.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Make one repair**
Acknowledge a contribution without turning it into self-defense.

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