

THE ARBINGER INSTITUTE

AN OUT-OF-THE-BOX NEW YEAR

Resolution Trap #1: Change is about *me*.

Resolution Solution #1: Change is about *me in relationship*.

Resolution Trap #2: When I try to change, I get stuck.

Resolution Solution #2: I get stuck because I get in the box.

Resolution Trap #3: To change, I have to work on myself and my behaviors.

Resolution Solution #3: To change, I have to open myself to others.