**Karlin’s Commandments**

1. The only person you can really control is yourself.
2. You can lead a horse to water, but you can’t make them drink. You can give people tools, help, ideas, and information, but you can’t control if and how they’ll apply what you’ve given them.
3. Change is scary and hard, such that many people would rather stick with a bad “known” than try even a possibly-good “unknown.” But, if you do what you’ve always done, you’ll get what you’ve always gotten.
4. When faced with something new, strange, or different, try stepping back and entering a mindset of open curiosity. Even if you eventually decide you don’t like the new thing, maybe you can at least learn something, or grow as a result of your experience.
5. Anger is a secondary emotion—scratch the surface of anger, and you’ll always find other feelings (like sadness, shame, guilt, fear, confusion, or loneliness) beneath the surface. Naming and identifying these primary emotions is often the key to stepping back from anger, and figuring out your own and/or other people’s deeper, truer needs and desires.
6. The thing people desire most is to be seen and understood on their own terms.
7. “There is nothing either good or bad, but thinking makes it so.”—William Shakespeare. The “stories” we tell ourselves about ourselves, other people, and the world give rise to our feelings in different situations. Sometimes, changing the “story” we’re telling ourselves about someone or something—asking ourselves how the story is true, how it’s false, and what other alternatives to our story might exist—can help to change our feelings.
8. Hurt people hurt people. BUT: this is just an explanation, *not* an excuse.
9. Our earliest relationships set the tone for our later relationships. When our current relationships are working, sometimes, we need to identify and rewrite the relationship “scripts” we first learned from our parents, grandparents, classmates, neighbors, and others.
10. People do what works. Even negative, irrational, or counterproductive behaviors serve some kind of purpose or fulfill some need—or, at least they did *at some point in the past.*  Identifying the purpose or intention behind a behavior is often the key to figuring out how to fulfill that same need in a healthier way.