When I first skimmed this chapter a few weeks ago, I assumed I already knew the win/win attitude. Overall, I do understand the concept; however, I forgot how much growth was needed for me to overcome the lose/win attitude. For the assignment, I tried to think of a relationship where I can develop a win/win agreement, but momentarily, I do not have someone close enough to try the assignment. The few friends I have in Long Beach are in good standing and not in need of developing necessarily; and work relationships have *yet* to requirement a win/win agreement (expect when it comes to switching shifts). In conclusion, I decided to describe the growth in different experiences that have changed my attitude and outlook for the better.

One major area of my life that resulted in change was with my parents. As a first born daughter of divorced parents, I kept my mouth shut. I did not argue and tried to be a model child to be one less problem for my parents to worry about. Between their arguments regarding custody and money, new relationships; and being and adolescent in school, I felt stuck in the middle