

# Ten Commandments For Using Your Mouth With Your Head<sup>1</sup>

## I

You are unique and the person you are talking to is unique. You both operate out of your own maps of reality, neither of which is real!

## II

Honor the other's reality (you will do well to). Meet them at their model of the world, not yours. They are not you!

Enter their "reality" (meanings) to communicate with/move them.

## III

You shall believe that each person you encounter wants to be cooperative, understanding, generous, helpful, etc. They have all the resources needed to cooperate with you.

This Frame will assist you in accessing those presently hidden attributes.

## IV

You shall experience difference as a challenge that will help you learn and grow. You need to learn from all situations, otherwise there is no interest and no stimulation.

## V

Remember to

**Separate others intention(s) from their behavior!**  
that you may not be whiplashed by their bad Frames.

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<sup>1</sup> Excerpted (with slight changes) from Using Your Mouth With Your Head pp.177-179

## VI

You shall be clear, positive and specific in your outcomes.  
That you may not wander in the desert for forty years!  
That you may know where you're going and if you got there!

## VII

You shall dovetail your outcomes with those with whom you are communicating. You shall be satisfied with small steps that please each of you. Small steps can achieve desired outcomes.  
**Great distances can be covered with small steps!**

## VIII

You shall maximize your flexibility that you may have many ways to communicate and so influence others.

## IX

You cannot **not** communicate--therefore, communicate usefully and meaningfully. The only question is how!

## X

You shall not covet being someone (anyone) else.  
You know more than you think you know.

Besides, you can't be them anyhow! You are more than enough!

**You Are All You Are!**