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**WORK IT OUT**

When you're able to speak for yourself and negotiate, you may find it becomes possible to **WORK IT OUT** and find solutions together. Once you've agreed on a solution, you'll need to try it a few times to see if it works.



## WORK IT OUT

**Make a suggestion:**

*“You could leave earlier.”*

**Look at the pros and cons...**

*“I have to work late to clear the days with the kids...”*

**... and make a positive counteroffer:**

*“... but I could stay at my brother’s the night before.”*

**Choose an option and agree to it:**

*“OK. Perhaps you could send Ellie a text the night before.”*

**Test your decision to see how well it works:**

*“Let’s try it. The next three times?”*