

# Behavior Style Strategies For Frenemy Relationships

Your High Behavior Style Benefit Behavior

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Your High Behavior Style Backlash Beware

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Situation

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Supporters In the Situation, Including Bystanders

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## Behavior Style Strategies For Frenemy Relationships

Frenemy \_\_\_\_\_

### Frenemy's Hurtful Words / Actions

- \_\_\_\_\_ Putting you down in front of other friends
- \_\_\_\_\_ Back-handed compliments that are really insults
- \_\_\_\_\_ Backstabbing you
- \_\_\_\_\_ Lying to you
- \_\_\_\_\_ Manipulating your feelings
- \_\_\_\_\_ Making fun of you
- \_\_\_\_\_ Ignoring your words
- \_\_\_\_\_ Discounting your achievements
- \_\_\_\_\_ Stealing from you
- \_\_\_\_\_ Scapegoating you
- \_\_\_\_\_ Discounting your experiences
- \_\_\_\_\_ Gaslighting you
- \_\_\_\_\_ Ignoring your calls, emails, texts
- \_\_\_\_\_ Spreading rumors about you
- \_\_\_\_\_ Asking you for favors, but failing to deliver on promises
- \_\_\_\_\_ Accusing you of manipulation when you ask them to keep their promises

Other \_\_\_\_\_

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# Behavior Style Strategies For Frenemy Relationships

Frenemy's High Behavior Style \_\_\_\_\_

Open Door Strategies To Use In Similar Situations  
smilesparksuccess.com, DISC Needs In Relationships

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Possibilities For Including Supporters in Open Door Strategies

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