



Please do as I request only if you can do so  
with the joy of a little child feeding a hungry duck.

Please do not do as I request if there is any taint of fear of  
punishment if you don't.

Please do not do as I request to buy my love. That is, hoping that I  
will love you more if you do.

Please do not do as I request if you will feel guilty if you don't.

Please do not do as I request if you will feel shameful.

And certainly do not do as I request out of any sense of duty or obligation.  
That would be too costly for us both.

-Dr Marshall Rosenberg  
Author of Nonviolent Communication