**Habit #4 think win win**
**Summary:** Genuinely strive for mutually beneficial solutions or agreements in your relationships. Value and respect people by understanding a "win" for all is ultimately a long term resolution than if only one person in the situation had got his/her way.

Lose-win (the doormat)
Lose win is weak.
With a lose win attitude you'll find yourself setting low expectations.
With a lose win attitude you will start compromising your standards.
Giving into peer pressure is lose-win
 Example: your friends want you to skip school but you don't want too. You give in. They lost and they won.

Win-win (the all you can eat buffet)
Win win is the belief that everyone can win.
There is enough success to go around for both you and me.
Personal security is key to win win.

Win-lose (the totem pole)
Win lose is competitive.
Win lose is an attitude towards life that says the pie of success is only so big and if others get a big piece there is less for you, so you make sure you get your piece first and that it is bigger.
Win lose is full of pride.
With this attitude you can become jealous and envious when something good happens to someone close to you.

Lose-lose (the downward spiral)
"If I'm going down you're going down with me"
Misery enjoys company.
Revenge is a lose lose because you are actually hurting yourself.
Two people could be good at dating so it's a win win but gradually they become emotionally glued and codependent so it becomes a lose lose

Competing
There is a sunny side and dark side of competition. Competition is healthy when you complete against yourself, or when it challenges you to reach to be your best. Competition is bad when you tie your self-worth into winning or when you use it to place yourself above another.

Comparing
Comparing yourself to others in nothing but bad news. We all developed differently we socially, mentally, and physically so we shouldn't look at others and compare. Comparing yourself can become an addiction as strong as drugs or alcohol.

If you can't come up with a win win you should do with a no deal in any situation