Behaviors the other person is doing that are causing problems

REALITY (what the other person has done)	PERCEPTION (impact on me or others)	INTENTION (what the other person was trying to achieve - guess if you don't know)	ALTERNATIVE (what you request of the other person)

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Behaviors I'm doing that could be causing problems

REALITY (what I've done)	PERCEPTION (impact on the other person)	INTENTION (what I was trying to accomplish)	ALTERNATIVE (what I could do differently)

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