|  |
| --- |
| ***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) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |
| --- |
| ***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) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |