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| --- | --- | --- | --- |
| ***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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