| ***Behaviors the other person is doing that are causing problems*** | | | |
| --- | --- | --- | --- |
| **REALITY**  (what the other person did-- what a videocamera could have captured) | **PERCEPTION**  (how I got hurt -- the story I’m telling myself about what happened.) | **INTENTION**  (the other person’s likely thought  process and desired outcome) | **REQUESTS**  (alternative behaviors the other person could do, to earn my trust) |
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| ***Behaviors I’m doing that could be causing problems*** | | | |
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| **REALITY**  (what I did-- what a videocamera could have captured) | **PERCEPTION**  (how the other person likely got hurt-- the story they may be telling themselves) | **INTENTION**  (my thought process and  intended outcome) | **OFFERS**  (alternative behaviors I could do, to earn the other person’s trust) |
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