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| ***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*** |
| **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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