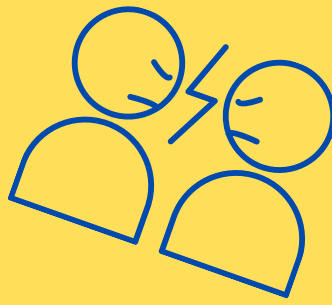


Practicing Relationship Skills

BREAKING DOWN A DIS-AGREEMENT



Think about an argument that you had with another person. What did you feel and do? Can you guess how they felt? Could you have done anything differently?

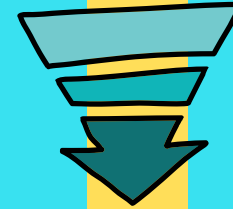
THE SITUATION

ME

My Feelings...

THEM

What they might have felt...



ACTIONS

ACTIONS



OUTCOME/RESULT:

COULD I HAVE DONE ANYTHING DIFFERENTLY?

