

Interpersonal Effectiveness

Describe	Gentle	Fair
Express	Interested	Apology Free
Assert	Validate	Stick to Values
Reinforce	Easy Manner	Truthfulness

Mindful

Appear Confident

Negotiate

Goal Creation

Specific

Meaningful

Achievable

Recordable

Timeline Plan

Mindfulness Skills

WHAT?

Observe, Describe, Participate

HOW?

One-Mindfully, Effectively, Non-Judgementally

Suffering

**SUFFERING = PAIN
X RESISTANCE**

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Page 1 of 1.

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