My purpose is…. (State relational constructive hope , goal, etc.)

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I feel and /or think…. (state feelings and/or thoughts when the problem actively occurs)

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…when…(describe the problem activity)

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…because…(describe the reason that the activity is a problem for you)

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And, my preference would be…(state one or two options that you think might resolve the problem activity; one option could be to invite the other to do some mutual problem solving with you).

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