

Interpersonal Effectiveness

De- scribe	Gentle	Fair
Ex- press	Inter- ested	Apology Free
Assert	Validate	Stick to Values
Re- inforce	Easy Manner	Truth- fulness

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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