



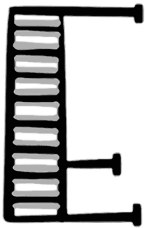
DEAR

Choose one situation to practice the skills; describe it below.



DESCRIBE OR SUMMARIZE THE SITUATION.

(Hint: "Today . . ." or "When . . .")



EXPRESS YOUR FEELINGS AND OPINIONS ABOUT THE SITUATION

(Hint: "I am feeling . . ." and "I think . . .")



ASSERT YOURSELF BY ASKING FOR WHAT YOU WANT OR NEED, OR SAYING "NO" WHEN IT'S NEEDED

(Hint: "What I need is . . ." or "No, I can't . . .")



REINFORCE OR REWARD THE PERSON AHEAD OF TIME

(Hint: "I think it will help me/you/the situation because . . .")