1. Write Frustrating Event
What you do that frustrates me is...

What Actually Happened

2. Write Feeling Response
And I then feel ...

Emotions—Feelings

4. Write Hidden Fear
to hide my fear of...

Fear Your Response Hide

3. Write Behavioral Response
and what I do is...

What You Actually Do

5. Hidden Desires
My desires from you are...

Desire

To obtain my desires, I would like to request from you...

1. Behavior Change Request	2. Behavior Change Request	3. Behavior Change Request
% of the time	% of the time	% of the time

Percentage should start lower. It may be upped at a later time.