

mindfulness

TIPP	ACCEPTS	Express	Relationship effectiveness	Mindful
Describe	Stick to Values	Objective effectiveness	Apologies	Reinforce
Self-respect effectiveness	Truthful	mindfulness CIE	Appear	Healthy relationships
Interested	STOP	Interpersonal effectiveness	Gentle	Negotiate
Fair	Assert	Pros and Cons	Validate	Easy

mindfulness

Truthful	Apologies	Relationship effectiveness	Describe	Objective effectiveness
Express	Validate	Mindful	Assert	Reinforce
Interested	Appear	mindfulness CIE	Healthy relationships	ACCEPTS
Gentle	Pros and Cons	TIPP	Easy	STOP
Interpersonal effectiveness	Negotiate	Self-respect effectiveness	Stick to Values	Fair

mindfulness

Assert	Pros and Cons	Apologies	Negotiate	Appear
TIPP	Interested	Interpersonal effectiveness	Stick to Values	Mindful
Self-respect effectiveness	Easy	mindfulness CIE	STOP	Gentle
Truthful	Reinforce	Relationship effectiveness	Validate	Express
Healthy relationships	ACCEPTS	Objective effectiveness	Describe	Fair