

Mindfulness

Using Relationship Effectiveness: Give	Accepts	Please	Encouragement	Self Soothe with five senses
Non-judgmentally	Dear Man	Treat Physical Illness	Prayer	Describe
Activities	See	FREE	Thoughts	Vacation
Assert	Participate	Interested	Meaning	Sleep
Mindfulness	Reinforce	Taste	Stick to value	Relaxation

Mindfulness

Hear	Thoughts	Interpersonal Effectiveness	Fair	One thing at a time
Meaning	Express	Assert	Build Positive experiences	Opposite to emotion action
Observe	Negotiate	FREE	Apologies	Self-respect effectiveness: Fast
Interested	Treat Physical Illness	Activities	Vacation	Touch
Accepts	Participate	Self Soothe with five senses	Appear Confident	Meditate

Mindfulness

Observe	Describe	Exercise	Thoughts	Radical Acceptance
Validate	Self-respect effectiveness: Fast	See	Pushing Away	Smell
Assert	Contributing	FREE	Relaxation	One-mindfully
Accepts	Interested	Please	Negotiate	Dear Man
Opposite to emotion action	Turning your mind	Be mindful of current emotion	eating	Willingness