

## 4. SKILL FOUR: GETTING INFORMATION

Relationship:

Questions I would ask in order to find out what the other person needs, feels or thinks:

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## 5. SKILL FIVE: SAYING NO (IN A WAY THAT DOESN'T DAMAGE THE RELATIONSHIP)

The way I'd say *no* in an assertive way (not passive nor aggressive) to some of the requests from the other person:

## 6. SKILL SIX: ACTING ACCORDING TO YOUR VALUES

The values behind my request are:

What type of a relationship I am striving for:

