

BARRIERS I): OLD PATTERNS

Old pattern:

Result:

Are my needs met?

BARRIERS II): IDENTIFYING NEEDS, NEGATIVE PREDICTIONS

Recent situation:

What my needs were:

BARRIERS III): NEGATIVE PREDICTIONS

Evidence that the negative prediction *will* happen:

Evidence that the negative prediction *won't* really happen:

Coping plan in the worst case scenario:

BARRIERS IV): OVERWHELMING EMOTIONS, TOXIC RELATIONSHIPS

Situation and the overwhelming emotions I had:

Results from doing mindful breathing:

BARRIERS V): TOXIC RELATIONSHIPS

How the other person usually behaves:

My plan of what I would assertively say: