

	Objective Effectiveness: • "What results do I want in this situation?" • "What is the best approach to reach my goal?"
	Relationship Effectiveness: Getting & Keeping Healthy Relationships "How do I want them to feel about me after?"
-	"IATher record assessment on the total tot
f ———	
ļ	
4 -∞ <u>3</u> -∞	
	Self-Respect Effectiveness: Building & Maintaining Self-Respect
	"W It is a left of after?" "W It is a left of after?"
(
*	