

# Checklist for Using New IP Skills

## Getting What I Want

Describe situation: \_\_\_\_\_  
 Express feelings/opinions: \_\_\_\_\_  
 Assert - state what I want: \_\_\_\_\_  
 Reinforce - consequences (pos/neg): \_\_\_\_\_  
 Mindful - stay on task, broken record, ignore attacks: \_\_\_\_\_  
 Appear confident: \_\_\_\_\_  
 Negotiate (what will I give to get?): \_\_\_\_\_

## Keeping the Relationship

Gentle: \_\_\_\_\_  
 Interested: \_\_\_\_\_  
 Validate: \_\_\_\_\_  
 Easy Manner: \_\_\_\_\_

## Keeping my Self-respect

(be) Fair: \_\_\_\_\_  
 (no) Apologies: \_\_\_\_\_  
 Stick to Values: \_\_\_\_\_  
 (be) Truthful: \_\_\_\_\_

## Stopping Escalation

Time Outs: \_\_\_\_\_  
 Rechanneling: \_\_\_\_\_  
 Inquiry: \_\_\_\_\_  
 Calling process: \_\_\_\_\_  
 Clouding: \_\_\_\_\_  
 Limit the Damage: \_\_\_\_\_