

**D**escribe

**E**xpress

**A**ssert

**R**einforce

Objective #1

Relationship #1

Self-Respect #1

**M**indful

**A**ppear Confident

**N**egotiate

**G**entle

**I**nterested

**V**alidate

**E**asy Manner

**F**air

**A**pologize

*Only if appropriate*

**S**tick To Values

Be **T**ruthful