

# 3-Step Worksheet

<b>Annoying behavior of another</b> Example: When my brother used my computer without permission	<b>Write a specific description of the behavior as if you were telling the other person</b> Example: When you took my computer without permission	<b>Write how this behavior makes you feel as if you were telling the other person</b> Example: It made me angry	<b>Explain the effect this behavior has on you</b> Example: Because I needed it and I don't like when people use my personal things without my permission.