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Step 1:	I FEEL	1
Step 2:	WHEN	Step 2: WHEN
Step 3:	BECAUSE (optional)	
Step 4:	I WOULD LIKE	Step 4: I WOULD LIKE
Step 5:	IN RETURN	Step 5: IN RETURN
**	****	★★★★★★
ASSERTIVENE	ESS FORMULA	ASSERTIVENESS FORMULA
Step 1:	I FEEL	Step 1: I FEEL
Step 2:	WHEN	Step 2: WHEN
Step 3:	BECAUSE (optional)	Step 3: BECAUSE (optional)
Step 4:	I WOULD LIKE	Step 4: I WOULD LIKE
Step 5:	IN RETURN	Step 5: IN RETURN
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ASSERTIVENE	ESS FORMULA	ASSERTIVENESS FORMULA
ASSERTIVENI	ESS FORMULA I FEEL	ASSERTIVENESS FORMULA Step 1: I FEEL
Step 1:	I FEEL	Step 1: I FEEL
Step 1: Step 2:	I FEEL WHEN	Step 1: I FEEL Step 2: WHEN
Step 1: Step 2: Step 3:	I FEEL WHEN BECAUSE (optional)	Step 1: I FEEL
Step 1: Step 2: Step 3: Step 4:	I FEEL WHEN BECAUSE (optional) I WOULD LIKE	Step 1: I FEEL
Step 1: Step 2: Step 3: Step 4: Step 5:	I FEEL WHEN BECAUSE (optional) I WOULD LIKE IN RETURN	Step 1: I FEEL
Step 1: Step 2: Step 3: Step 4: Step 5:	I FEEL WHEN BECAUSE (optional) I WOULD LIKE IN RETURN	Step 1: I FEEL
Step 1: Step 2: Step 3: Step 4: Step 5: ASSERTIVENE	I FEEL WHEN BECAUSE (optional) I WOULD LIKE IN RETURN	Step 1: I FEEL
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Step 1: Step 2: Step 3: Step 4: Step 5: ASSERTIVENE Step 1: Step 2: Step 3:	I FEEL WHEN BECAUSE (optional) I WOULD LIKE IN RETURN SESS FORMULA I FEEL WHEN BECAUSE (optional)	Step 1: I FEEL