

# Usual vs. More Realistic Goals

## USUAL GOALS:

- Persuade the other side that I'm right
- Get the other side to admit that she is responsible
- Teach them a lesson

## MORE REALISTIC GOALS:

- Explore how each one of us understand the situation and why
- Figure out how we have probably both contributed to the problem
- Explain to them why we felt hurt and try to understand what their intentions were