2.1. Reforms of IC sector - evolution of legislation and regulations

- Liberalization
- Privatization
- # Liberalization (in general) weakening or total rejection of state control over all types of economic activities and commercial parameters
- # Liberalization in telecom sector the transition from a monopoly market structure to a competitive environment and resulted in tectonic shifts in telecommunications industry
- # 15 years ago the majority of telecommunications companies in the world were under strong state control.
- # Second half of 90s beginning of liberalization in telecom sector of European countries, accompanied by privatization

Privatization And Liberalization In European Telecommunications

Mike Jess

Privatization And Liberalization In European Telecommunications:

Whispering the Secrets of Language: An Emotional Quest through **Privatization And Liberalization In European Telecommunications**

In a digitally-driven earth where displays reign supreme and quick communication drowns out the subtleties of language, the profound secrets and emotional nuances concealed within words often move unheard. However, set within the pages of **Privatization And Liberalization In European Telecommunications** a charming literary prize pulsating with organic thoughts, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, that marvelous opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles material of each word. Within the mental depths with this poignant review, we will embark upon a genuine exploration of the book is core subjects, dissect their captivating writing design, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

https://pinsupreme.com/data/publication/Download PDFS/Program Assessment Economics Assessment Rubrics.pdf

Table of Contents Privatization And Liberalization In European Telecommunications

- 1. Understanding the eBook Privatization And Liberalization In European Telecommunications
 - The Rise of Digital Reading Privatization And Liberalization In European Telecommunications
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Privatization And Liberalization In European Telecommunications
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Privatization And Liberalization In European Telecommunications
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Privatization And Liberalization In European Telecommunications

- Personalized Recommendations
- Privatization And Liberalization In European Telecommunications User Reviews and Ratings
- Privatization And Liberalization In European Telecommunications and Bestseller Lists
- 5. Accessing Privatization And Liberalization In European Telecommunications Free and Paid eBooks
 - Privatization And Liberalization In European Telecommunications Public Domain eBooks
 - Privatization And Liberalization In European Telecommunications eBook Subscription Services
 - Privatization And Liberalization In European Telecommunications Budget-Friendly Options
- 6. Navigating Privatization And Liberalization In European Telecommunications eBook Formats
 - o ePub, PDF, MOBI, and More
 - Privatization And Liberalization In European Telecommunications Compatibility with Devices
 - Privatization And Liberalization In European Telecommunications Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Privatization And Liberalization In European Telecommunications
 - Highlighting and Note-Taking Privatization And Liberalization In European Telecommunications
 - Interactive Elements Privatization And Liberalization In European Telecommunications
- 8. Staying Engaged with Privatization And Liberalization In European Telecommunications
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Privatization And Liberalization In European Telecommunications
- 9. Balancing eBooks and Physical Books Privatization And Liberalization In European Telecommunications
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Privatization And Liberalization In European Telecommunications
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Privatization And Liberalization In European Telecommunications
 - Setting Reading Goals Privatization And Liberalization In European Telecommunications
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Privatization And Liberalization In European Telecommunications

Privatization And Liberalization In European Telecommunications

- Fact-Checking eBook Content of Privatization And Liberalization In European Telecommunications
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Privatization And Liberalization In European Telecommunications Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In todays fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Privatization And Liberalization In European Telecommunications PDF books and manuals is the internets largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a userfriendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making

research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Privatization And Liberalization In European Telecommunications PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Privatization And Liberalization In European Telecommunications free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Privatization And Liberalization In European Telecommunications Books

What is a Privatization And Liberalization In European Telecommunications PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. How do I create a Privatization And Liberalization In European Telecommunications PDF? There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. How do I edit a Privatization And Liberalization In European Telecommunications PDF? Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. How do I convert a Privatization And Liberalization In European Telecommunications PDF to another file format? There are multiple ways to convert a PDF to another format: Use

online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. How do I password-protect a Privatization And Liberalization In European Telecommunications PDF? Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Privatization And Liberalization In European Telecommunications:

program assessment economics assessment rubrics

production operations oil well completions workover and stimulation

programming models for massively parallel computers p m m p 95

profit strategies for air transportation

professional portrait photography

programming abstractions in c a second course in computer science

procrastination first steps to change

professional feature writing

profilaktika stomatologicheskikh zabolevanii u detei

programmers guide to presentation manager

productivity management planning evaluation control and improvement

profebional apache 20

products of random variables

profile 1 pre-intermediate students pack

producing dreams consuming youth mexican americans and mass media

Privatization And Liberalization In European Telecommunications:

amazon com magnificat enero 2018 n 170 - May 11 2023

web amazon com magnificat enero 2018 n 170 9788416041534 magnificat cervera barranco pablo dumont pierre marie libros

magnificat enero 2018 n 170 vv aa comprar libro - Oct 04 2022

web magnificat enero 2018 n 170 3 71 ahora un 5 descuento envío gratis

magnificat enero 2018 n 170 spanish edition paperback - Mar 09 2023

web nov 6 2017 magnificat enero 2018 n 170 spanish edition magnificat cervera barranco pablo dumont pierre marie on amazon com free

magnificat enero 2018 n 170 pdf uniport edu - Nov 24 2021

web apr 16 2023 said the magnificat enero 2018 n 170 is universally compatible past any devices to read the little work durgadas allon duriel 2020 03 08 unite your everyday

magnificat enero 2018 n 170 tapa blanda 6 noviembre - Feb 08 2023

web magnificat enero 2018 n 170 magnificat cervera barranco pablo dumont pierre marie amazon es libros

magnificat enero 2018 vv aa isbn 9788416041534 - Jan 07 2023

web magnificat enero 2018 vv aa isbn 9788416041534 librerías proteo y prometeo desde 1969 entre libros la mayor librería especializada de málaga textos uned y

magnificat enero 2018 n 170 9788416041534 librería - Nov 05 2022

web comprar el libro magnificat enero 2018 n 170 magnificat 9788416041534 con envÍo gratis desde 18 en nuestra librería online agapea com ver opiniones

magnificat enero 2018 n 170 vv aa 9788416041534 - Apr 29 2022

web magnificat enero 2018 n 170 vv aa 3 90 sin stock consúltenos editorial magnificat año de edición 2017 materia **magnificat enero 2018 n 170 marina t s vetaeva 2022** - Feb 25 2022

web jan $17\ 2023$ magnificat enero $2018\ n\ 170\ 2\ 6$ downloaded from secure docs lenderhomepage com on by guest stevenson 1974 animated sculptures of the

magnificat enero 2018 n 170 pdf download only - Mar 29 2022

web magnificat enero 2018 n 170 pdf right here we have countless ebook magnificat enero 2018 n 170 pdf and collections to check out we additionally allow variant types and

magnificat in english français español and more - Sep 03 2022

web magnificat in english français español and more pray with the church prier avec l Église rezar con la iglesia magnificat enero 2018 n 170 by magnificat pablo cervera - May 31 2022

web may 2 2023 magnificat enero 2018 n 170 by magnificat pablo cervera barranco pierre marie dumont año edición 2018 formato 110×170 isbn 9788416041664 no hay

magnificat enero 2018 n 170 pdf full pdf - Jul 01 2022

web enero 2018 n 170 pdf as you such as by searching the title publisher or authors of guide you in point of fact want you can discover them rapidly in the house workplace or

tureng magnificat türkçe İngilizce sözlük - Dec 26 2021

web İngilizce türkçe online sözlük tureng kelime ve terimleri çevir ve farklı aksanlarda sesli dinleme magnificat meryem in ezgisi magnificat meryem ana nın ezgisi ne demek

magnificat enero 2018 n 170 paperback 6 nov 2017 - Apr 10 2023

web magnificat enero 2018 n 170 magnificat cervera barranco pablo dumont pierre marie amazon de books magnificat enero 2018 n 170 amazon com tr kitap - Aug 14 2023

web magnificat enero 2018 n 170 amazon com tr kitap Çerez tercihlerinizi seçin Çerez bildirimimizde ayrıntılı şekilde açıklandığı üzere alışveriş yapmanızı sağlamak alışveriş

magnificat enero 2018 n 170 paperback 6 november - Jun 12 2023

web amazon ae magnificat enero 2018 n 170 magnificat cervera barranco pablo dumont pierre marie magnificat books magnificat enero 2018 n 170 pdf pdf red ortax - Jan 27 2022

web magnificat enero 2018 n 170 pdf introduction magnificat enero 2018 n 170 pdf pdf fragile governance and local economic development sergio montero 2018 08 17 much

magnificat enero 2018 nov 06 2017 edition open library - Jul 13 2023

web nov 6 2017 magnificat enero 2018 n 170 by magnificat pablo cervera barranco and pierre marie dumont 0 ratings 0 want to read 0 currently

libro magnificat enero 2018 n 170 isbn 9788416041534 - Dec 06 2022

web libro magnificat enero 2018 n 170 isbn 9788416041534 comprar en buscalibre ver opiniones y comentarios compra y venta de libros importados novedades y bestsellers

magnificat enero 2018 n 170 book depository - Aug 02 2022

web nov 6 2017 magnificat enero 2018 por pierre marie dumont 9788416041534 disponible en book depository con envío gratis

protons neutrons and electrons widener university - Nov 08 2021

4 4 protons neutrons and electrons chemistry libretexts - Mar 12 2022

web use a periodic table to find the numbers of protons neutrons electrons etc for atoms of the following elements protons neutrons and electrons practice worksheet helpful

it s elemental element math game thomas jefferson national - Apr 25 2023

web the atomic number of a sodium atom is 11 and its mass number is 23 calculate the number of protons neutrons and electrons it contains revise how scientists first viewed the

ch 2 exercises chemistry 2e openstax - Mar 24 2023

web atomic structure atoms consist of a nucleus containing protons and neutrons surrounded by electrons in shells the number of subatomic particles in an atom can be calculated

protons neutrons and electrons practice worksheet woodstown - Feb 11 2022

web sep 1 1998 this page is an exercise in relating the number of protons electrons and neutrons for an atom or monoatomic ion and press check ans results appear in

4 4 the properties of protons neutrons and electrons - Jun 15 2022

web since protons and neutrons are so much more massive than electrons almost all of the mass of an atom comes from the nucleus which contains all of the neutrons and

2 3 calculating atomic masses problems chemistry libretexts - Oct 07 2021

2 6 protons neutrons and electrons in atoms - Dec 21 2022

web fill in the blanks in the following worksheet please keep in mind that the isotope represented by each space may not be the most common isotope or the one closest in

mendeleev s periodic table the periodic table aga bbc - Aug 17 2022

web jun 2 2019 number of neutrons mass number number of protons 1 1 0 for zinc the atomic weight is 65 39 so the mass number is closest to 65 number of

atomic structure practice khan academy - Jul 28 2023

web calculating the number of each particle in an atom protons atomic number electrons protons neutrons atomic mass atomic number or big small

number of protons neutrons and electrons in an atom - May 14 2022

web calculating the number of each particle in an atom protons atomic number electrons protons neutrons atomic mass

atomic number or big small

protons neutrons and electrons atomic structure - Feb 23 2023

web jul 29 2022 determine the number of protons and electrons in an atom write and interpret symbols that depict the atomic number mass number and charge of an atom or

atomic number and mass number atomic structure - Jan 22 2023

web the bohr model shows the atom as a central nucleus containing protons and neutrons with the electrons in circular electron shells at specific distances from the nucleus

protons neutrons and electrons practice worksheet - May 26 2023

web how are protons and neutrons similar how are they different 8 predict and test the behavior of α particles fired at a plum pudding model atom a predict the paths taken

isotope composition counting protons electrons and - Jul 16 2022

web mar 23 2023 protons neutrons and electrons of all elements are mentioned in the table below you will get the list shell diagram of all the elements

atomic structure test questions aga bbc - Sep 18 2022

web they are a type of fundamental particle called leptons all leptons have an electric charge of $1\ 1$ or $0\ 0$ electrons are extremely small the mass of an electron is only about

protons neutrons electrons of all elements list images - Apr 13 2022

web jul 25 2023 the easiest way to find the number of protons neutrons and electrons for an element is to look at the element s atomic number on the periodic table that

atomic quiz protons neutrons and electrons proprofs quiz - Aug 29 2023

web chemistry of life atomic structure google classroom what three particles make up an atom choose 1 answer protons neutrons and photons a protons neutrons and photons

the periodic table electron shells and orbitals khan - Nov $20\ 2022$

web four atoms have the numbers of protons and neutrons given below which two atoms are isotopes of the same element w 8 protons and 8 neutrons x 8 protons and 10

protons neutrons and electrons practice worksheet - Dec 09 2021

how to find the number of protons neutrons and electrons - Jan 10 2022

web determine the number of protons neutrons and electrons in the following isotopes that are used in medical diagnoses a atomic number 9 mass number 18 charge of 1 b

protons neutrons and electrons practice worksheet - Oct 19 2022

web 1 2 3 4 5 mendeleev s periodic table early attempts to classify elements before discovering protons neutrons and electrons scientists tried to classify the elements by arranging

build an atom atoms atomic structure isotope - Jun 27 2023

web the computer will randomly pick an element and present you with that element s data from the periodic table of elements use that information to answer the guestion that the

interpersonal effectiveness dbt self help - May 02 2022

web interpersonal effectiveness dbt self help interpersonal effectiveness dialectical behavioral therapy s interpersonal effectiveness skills are designed to help you get what you need from your relationships while being respectful to yourself and others

dbt group therapy ideas skill building distress tolerance - Nov 08 2022

web sep 26 2023 interpersonal effectiveness one of the many skills taught in dbt is interpersonal effectiveness skills this refers to a person s ability to effectively connect with others learning interpersonal effectiveness can help individuals relate to others with less conflict fear or defensiveness

dbt worksheets for adults therapist aid - Oct 07 2022

web worksheet dbt skill accepts in dialectical behavior therapy dbt distress tolerance refers to a set of skills for coping with uncomfortable emotions one such skill is represented by the acronym accepts accepts outlines strategies for distracting oneself from distressing emotions giving them time to lessen in intensity or fade away us

interpersonal effectiveness the power of dbt activities for - Jul 16 2023

web may 26 2023 overall dbt activities are powerful tools for building interpersonal effectiveness and improving relationships by practicing these skills in a supportive environment individuals can become more confident and effective communicators problem solvers and decision makers

interpersonal effectiveness skills dialectical behavior therapy dbt - Mar 12 2023

web dbt uses four skill building activities for clients to learn effective interpersonal skills dear man skill give fast boundary building learn more about dialectical behavior therapy tools

interpersonal effectiveness handouts my doctor online - Aug 17 2023

web p goals of interpersonal effectiveness be skillful in getting what you want and need from others getothers to do things you would like them to do getothers to take your opinions seriously say no to unwanted requests effectively other build relationships and end destructive ones strengthen current relationships dbt skills list dbt self help - Jun 03 2022

web this is a list of the dialectical behavioral therapy skills and other information you will find on this site dbt is about practice and repetition more so than simply remembering a skills name or filling out a worksheet once the more you practice and use the skills the more likely you are to find them useful in the moment you truly need them

interpersonal effectiveness skills therapist aid - Feb 11 2023

web sets of skills you will learn to help achieve this goal objective effectiveness relationship effectiveness and self respect effectiveness objective effectiveness dearm an what is the goal of an interaction objective effectiveness is about getting what you want out of a situation the acronym dearm an will

4 dbt skills everyone can benefit from psych central - Jul 04 2022

web jul 7 2022 dialectical behavioral therapy dbt works around developing four major skills mindfulness distress tolerance interpersonal effectiveness and emotional regulation

mastering the art of teaching dialectical behavior therapy - May 14 2023

web sep 25 2023 1 adapt to individual needs each client is unique and the teaching of dbt skills should be tailored to their specific needs learning style and pace 2 reinforce skills regularly repetition and reinforcement are key to consolidating dbt skills regularly review skills and provide positive reinforcement when clients use them effectively 3

a fun way to teach effective listening skills group activity idea - Feb 28 2022

web apr 24 2019 dbt has shown to be effective for the treatment for several other behavioral health needs as well being interested in other people is one interpersonal skill from dbt for making and keeping effective relationships this skill is the i being interested from the give acronym of interpersonal effectiveness skills

interpersonal effectiveness dialectical behavior therapy dbt - Jan 10 2023

web interpersonal overview of interpersonal effectiveness communication styles skills of assertiveness part 1 skills of assertiveness part 2 assertiveness scripts and interpersonal rights listening and validation barriers to interpersonal effectiveness trust in relationships interpersonal boundaries modulating intensity resistance and

dbt for teens teaching distress tolerance emotion - Sep 06 2022

web when teaching interpersonal effectiveness to adolescents it is helpful to use the dear man skill for assertiveness the give skill for maintaining relationships dbt for teens teaching distress tolerance emotion regulation and interpersonal effectiveness

interpersonal effectiveness teaching resources tpt - Apr 01 2022

web 57 worksheets giving an overview of all dbt skills mindfulness emotion regulation distress tolerance interpersonal effectiveness walking the middle path includes handouts practice opportunities and fill in the blank worksheets interpersonal effectiveness in dialectical behavior therapy - Dec 09 2022

Privatization And Liberalization In European Telecommunications

web the interpersonal skills taught in dbt can increase the likelihood of positive outcomes regardless of how the client prioritizes objective relationship and self respect effectiveness for that

interpersonal effectiveness 9 worksheets examples pdf - Oct 19 2023

web oct 18 2021 interpersonal effectiveness is the main focus of dialectical behavioral therapy dbt in fact it s the second core skills module in classic dbt with tons of materials and resources dedicated to improving the client s interpersonal skills **reproducible materials dbt skills training handouts and worksheets** - Jun 15 2023

web interpersonal effectiveness handout 19 recovering from invalidation interpersonal effectiveness handout 19a identifying self validation interpersonal effectiveness handout 20 strategies for increasing the probability of behaviors you want interpersonal effectiveness handout 21 strategies for decreasing or stopping unwanted behaviors

35 dbt interventions resources for your therapy sessions - Apr 13 2023

web aug 1 2023 dbt has many useful techniques to help with interpersonal effectiveness one such tool is dear man this tool helps when someone is struggling to have a difficult conversation using the tool to outline exactly what you would like to say is helpful the acronym stands for describe the problem express your feelings assert what you d like

25 dialectical behavioral therapy activities to teaching - Aug 05 2022

web mar 29 2023 25 dialectical behavioral therapy activities to raise emotionally intelligent kids march 29 2023 by mike dave ayeni dbt means dialectical behavioral therapy and the activities related to this concept are for emotional intelligence and mental fortitude

dbt interpersonal effectiveness skills therapist aid - Sep 18 2023

web dbt interpersonal effectiveness skills teach your clients to use interpersonal effectiveness skills as a part of dialectical behavioral therapy dbt this handout summarizes three skills related to interpersonal effectiveness including objective relationship and self respect effectiveness