

AWARENESS OF CHOICES

Listen to Thoughts About <u>ME</u>	Listen to Thoughts About <u>YOU</u>	Observe Reality I see.... I hear.... I recall...	D.E.F.U.S.E. My Anger
Tell My Story	Demand	Listen for MY Feelings & Needs	ENERGY SHIFT Get to Calm Alert (Coherence)
Complain	Blame	Listen for YOUR Feelings & Needs	Problem Solve What could meet both our needs?
Label		Make a Request	