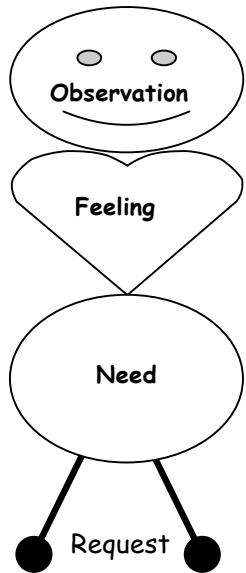


HONESTLY EXPRESSING MYSELF



Of present: When I see/hear:
 Of past: When I remember (what I saw/heard):
 Of future: When I imagine (what I might see/hear)

.....

I feel.....(present feeling)

Because I need/value/enjoy.....

.....(present need)

So right now would you be willing/enjoy.....

.....?

Now put together these 4 component into a sentence, what is not longer than 40 words:.....

.....

.....

RECEIVING WITH EMPATHY

Imagine a hard to hear (rude) respond:.....

.....

Try to guess the other person feelings and needs:

Are you feeling.....?

Because do you have a need for.....

Now put together into a sentence, please use a question form:

.....

.....?

