

Peaceful Communication

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|--------|---------------------|---|
| 1st | Heart Breath | Put your hand on your heart, close your eyes, and breathe. Relax your face and shoulders. Feel your heart open. (3-10x) |
| Step 1 | Observation | When you _____ _____, |
| Step 2 | Feeling | I feel _____. |
| Step 3 | Need | Because I need _____ _____. |
| Step 4 | Request | Are you willing to _____ _____? |

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