

Peace Building 101: Begin with You

Learn to:

- 1) Recognize the connection between _____ and _____
- 2) Understand your _____ to _____.
- 3) Begin to speak with _____, _____, and _____.

What happens in a _____?

What _____ do you give to the _____?

In a typical _____, one may:

- 1.
- 2.
- 3.
- 4.

M _____

T _____

F _____

A _____

R _____

“Each _____ is a clean new _____” ~ Carol Howe

What do you notice about the messaging? ~ “___” or “_____”

When I see or hear _____

I _____

When I see or hear _____

I _____

When I see or hear _____

I _____

I _____

Will _____ ? _____

(Based upon Marshall Rosenberg’s NVC)

A _____ the a _____.

I am _____ for _____ my _____.

Be gentle with you.

Be gentle with all.

Be the peace.



**BRUCKNER
MEDIATION**

Transforming conflict with clarity, compassion, and curiosity.