

Connective Communication: Begin with You

Who determines the meaning of any given moment?

M _____

T _____

F _____

A _____

R _____

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

Whgt do I need?

What does meeting the following needs look like to me?

Autonomy _____

Connection _____

Meaning _____

Peace _____

Physical Well-Being _____

Play _____

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.



Transforming conflict with clarity, compassion, and curiosity.

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