

# From Conflict to Cooperation

## Week 5 Handout: Communication Greatest Hits

### Start With Self-Empathy:

I'm feeling: \_\_\_\_\_.

I need: \_\_\_\_\_.

### Observe Non-Judgmentally:

"I see/hear/smell...

\_\_\_\_\_."

### Get Curious:

"I wonder \_\_\_\_\_?"

### My Self-Regulation Strategy:

\_\_\_\_\_.

### My Intention:

\_\_\_\_\_.

### I'm Celebrating:

\_\_\_\_\_!"

