

FEELINGS MIND



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I can understand my feelings in this moment. I can also understand that my feelings will change once I calm down or have time to think about this situation.

I know that I have thoughts, feelings, body sensations, moods, and mindsets and that they are separate.

"This will not last forever."



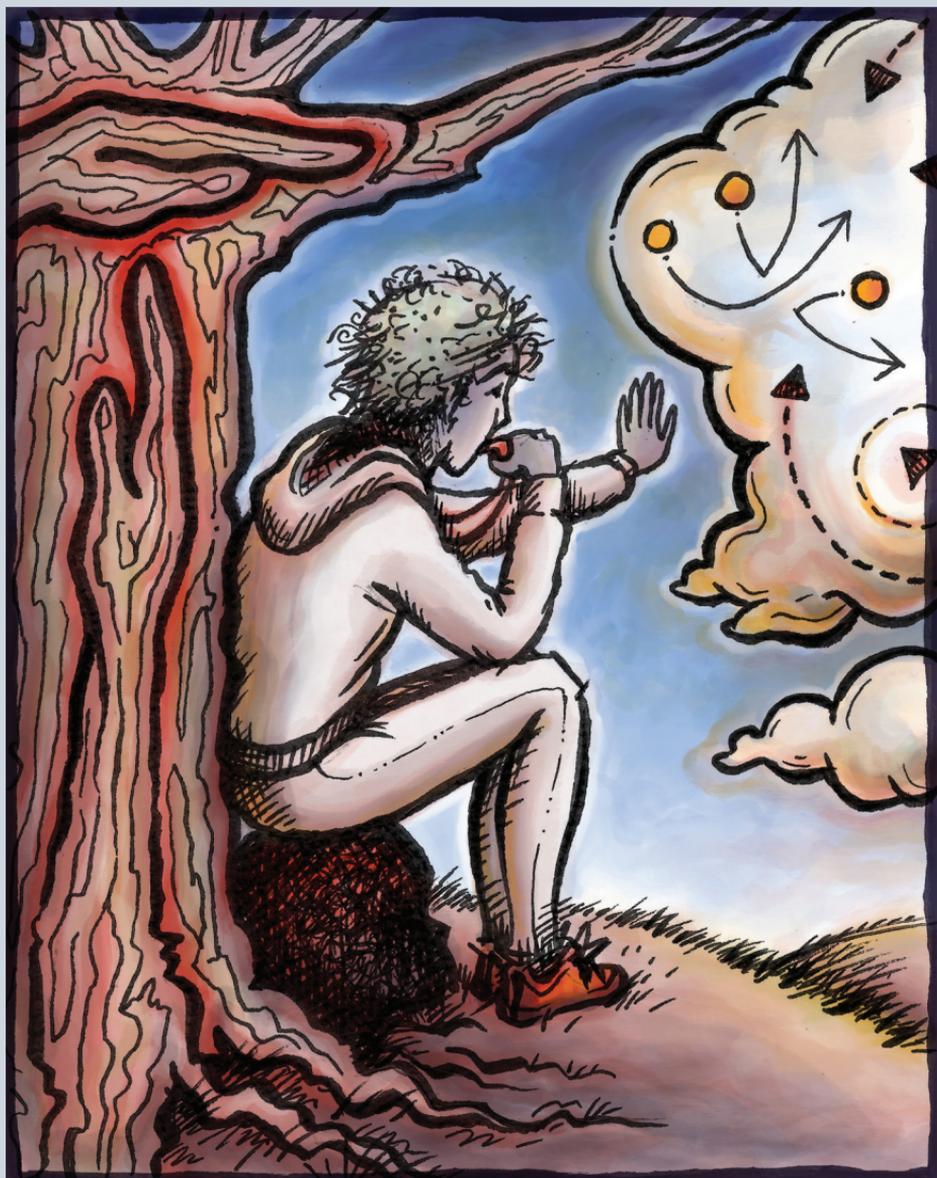
FEELINGS INVESTIGATOR



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I recognize my feelings
and where they come
from, but also the
larger social context.

I am curious about the
nuances of the situation,
others' feelings, and
expected behaviors
in the situation.



HELPFUL COACH



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I see smarter and more effective ways to handle a situation.

I call a time out or stop the play (interaction) when it is not going well.

I help a person stop and think about the best option in that situation.



TWO-WAY STREET



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I understand that my vision or perspective is different from others.

I am willing to see how things look from the other side of the street or the other person's view.



SHOES



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I stop to consider
that the other person
has a different experience
than mine, and that
it will not be exactly
the same as mine.

I try to walk
in another's shoes —
to understand their
experience and know
that is important in
relationships.



**CAPTAIN
COURAGEOUS**



CAPTAIN COURAGEOUS

I am able to let my
defenses down
and admit my deeper
feelings, admit when
I am wrong or what
role I may have had,
or acknowledge any
misunderstandings.



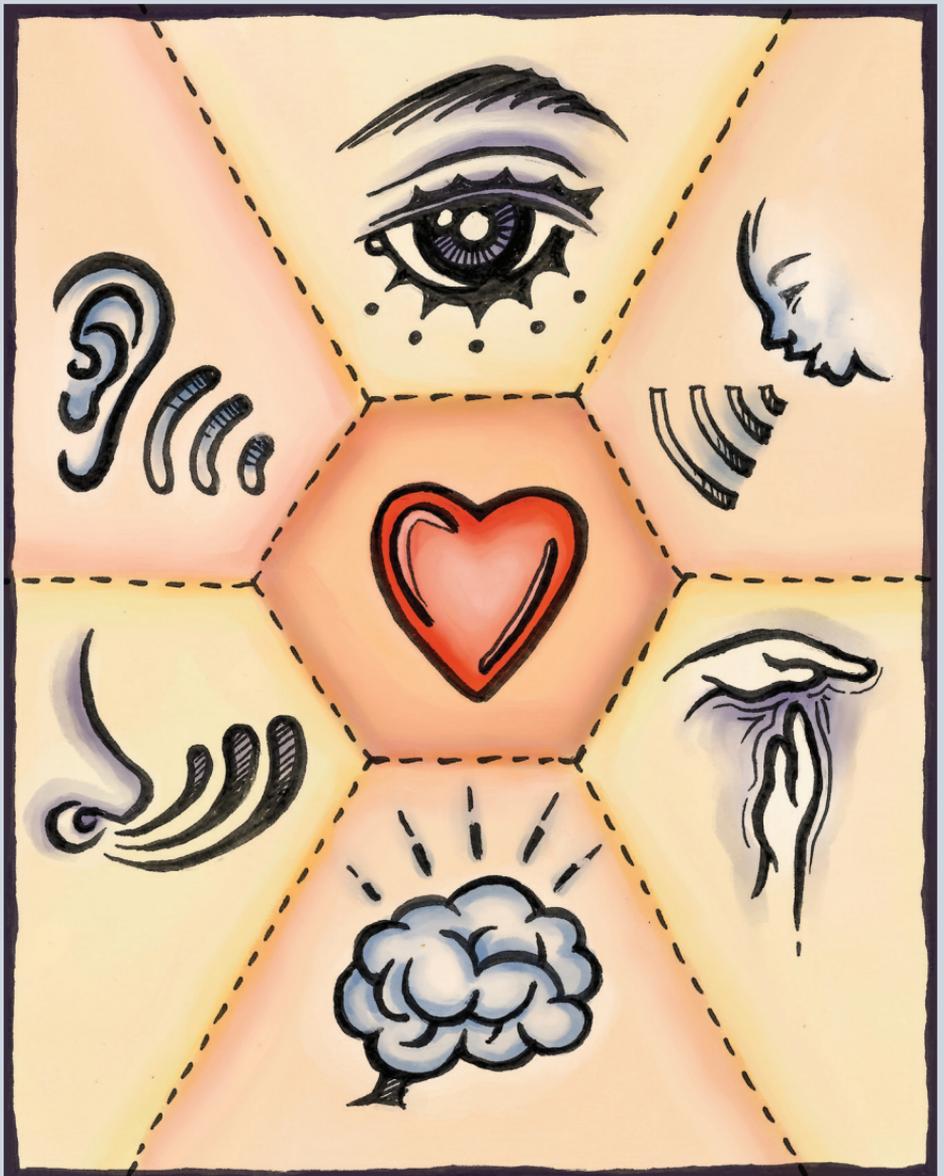
**MENDING
IN ACTION**



MENDING IN ACTION

I am a *wall crusher*,
tearing down emotional
barriers that keep me
from being vulnerable,
kind, and compassionate.
I am *humble*, willing to
consider that I am not
always right or that I
may have hurt another
(sometimes even on
purpose).

I am a *fixer upper*,
working to rebuild what
has been damaged.
Through *courageous
caring*, I allow myself
to still care about a
situation, another person,
and my values.



HEALTHY TOOLS



HEALTHY TOOLS

My *heart* is open, and
I care about relationships
and about others.

I use my *thinking brain* and
thought processes.

I can take a *time out*, staying
open to considering new ways
of thinking about a situation.

I use the power of *breath*
to calm my body and mind.

I see and remain present
through my eyes.

Active listening helps me
to focus intently on what
the other person has to say,
then reflect back.

I use my *connecting voice*
to portray a calm and
respectful tone.