

Self-Recovery / PART 1

(Remember the SPECIFIC INCIDENT that got you going):

#1: What am I Really Thinking / Saying to myself? (JACKAL gets to speak-This is for your eyes only, so let it out!

cut or tear off here

#2: What **FEELINGS** are coming up for me ? — List Several (With help from coach & Feelings list), CIRCLE the ones that seem the strongest.

#3: What **VALUES / NEEDS** are not being met for me?— List Several —(With help from coach & Needs list), CIRCLE the ones that seem the strongest.

#4: **OBSERVATION** Objectively - what happened ?(Be brief— *what would a Video Camera have seen?*):

Self—Recovery / PART 2

Now, Guess what Feelings and Needs the other person might be experiencing around this topic. [*If you get re-triggered in this process, go back to steps 1, 2 & 3 until you can compassionately list the other's feelings and needs*]

#5: What *FEELINGS* do you think came up for them?— List Several (With help from coach & Feelings list), CIRCLE the ones that seem the strongest.

#6: What *VALUES / NEEDS* do you think were not being met for them? — List Several —(With help from coach & needs list), CIRCLE the ones that seem the strongest.