

Peace

Path



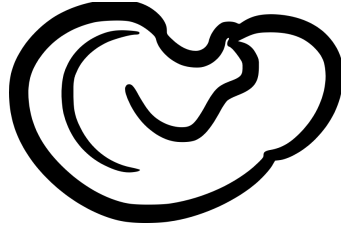
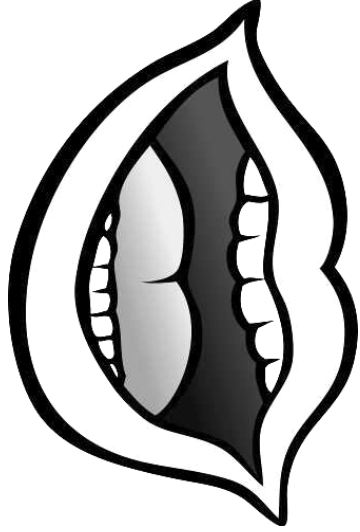
Take One Deep Breath
Together



Enraged	Furious	Frustrated	Shocked	M	Hyper	Lively	Motivated	Ecstatic
Livid	Frightened	Angry	Restless	O	Energized	Cheerful	Inspired	Excited
Fuming	Anxious	Worried	Annoyed	O	Enthusiastic	Happy	Optimistic	Thrilled
Repulsed	Troubled	Concerned	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Sad	E	At Ease	Content	Loving	Fulfilled
Pessimistic	Lonely	Mopey	Bored	T	Relaxed	Secure	Chill	Grateful
Embarrassed	Depressed	Discouraged	Tired	E	Calm	Mellow	Satisfied	Carefree
Despair	Hopeless	Miserable	Exhausted	R	Relieved	Peaceful	Tranquil	Serene

Say the Problem

“_____ feel”

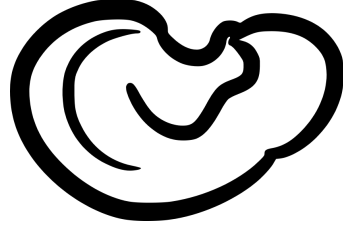
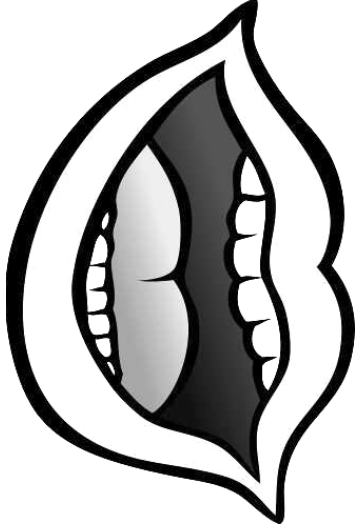


Listen, repeat.

“You feel_____”

Say the Problem

“.....I want/need”



Listen, repeat.

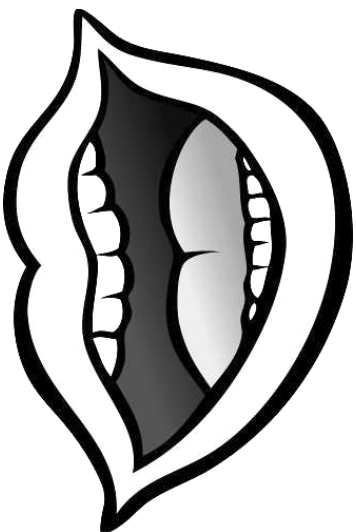
“You want/need.....”

Say the Problem



Listen, repeat.

“You feel _____.”



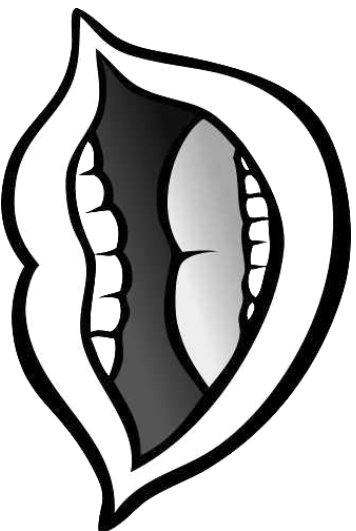
“_____ feel _____.”

Say the Problem



Listen, repeat.

“You want/need _____.”



“I want/need _____.”



Think of Solutions

Take Turns

Ex. "We could..." or "What if we...?" or "Let's..."

Explore Consequences

"What would happen if..."

Pick the best solution

Agree?



Shake hands, fist bump, high five, etc..

No?

Go back and think of a new solution.