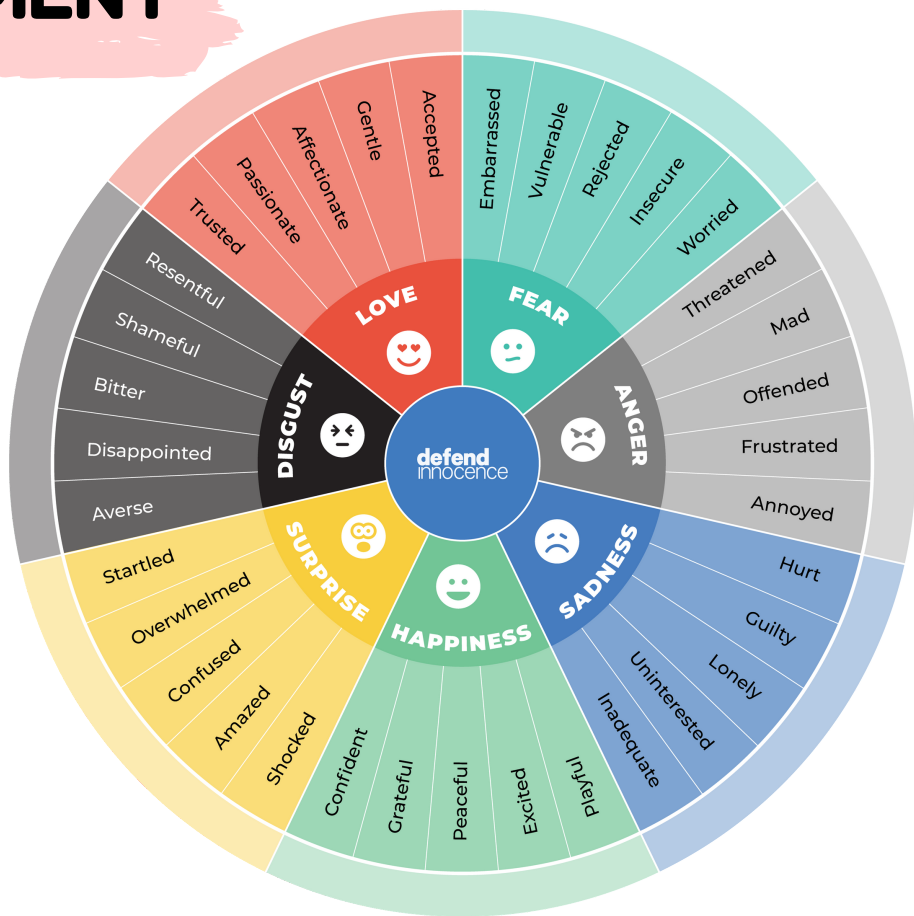


USE AN I-STATEMENT

step 1

I FEEL....

**Pick your feeling.
the more specific,
the better!**



step 2

WHEN...

**What happened that
made you feel this way?**

step 3

BECAUSE...

**Why is this important to
you?**

step 4

WHAT I NEED IS...

What do you need?