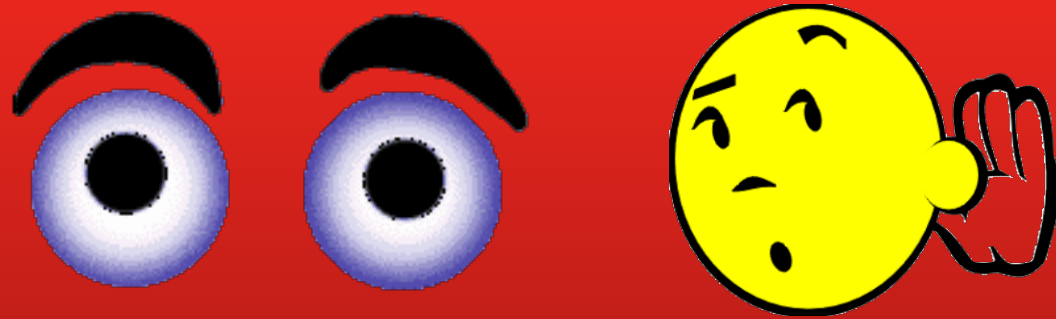


Honest Expression:

Observation
Feeling
Need
Request

When I...



[Add your observation]

I feel...



Happy



Sad



Angry



Annoyed



Excited



Worried



Scared



Hurt



Embarrassed



Confused

Because I Need...

Survival:

- Food
- Shelter
- Water
- Rest
- Safety
- Health
- Wellbeing
- Security

Love & Belonging:

- Friendship
- Community
- Family
- Respect
- Cooperation
- Support
- Acceptance
- Understanding
- Connection
- Empathy

- POWER:**
- RECOGNITION
- SUCCESS
- IMPORTANCE
- ACHIEVEMENT
- INFLUENCE
- ORDER
- GROWTH
- EQUALITY
- TRUST
- SELF-WORTH

- FUN:**
- Laughter
- Learning
- Change
- Enjoyment
- Play
- Excitement
- Inspiration
- Celebration
- Movement

- FREEDOM:**
- Choice
- Independence
- Solitude
- Individuality

Would you be willing to?