Talking from the heart.

Say what you want to say without blame

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When I see (hear, smell)

Then I think (the story I tell myself)

Then I feel (e.g. sad, glad, scared, vulnerable)

I yearn for (un-met need e.g. connection, security, fun)

That reminds me of (childhood scene)

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Walter Logeman http://www.psybernet.co.nz