

Speak Your Truth, Not Your Mind™

“When you said / did _____.”

Repeat what the person said.

“I made up a story that you / it meant _____.”

State your perception, you story.

“Then I felt _____.”

*Share your feelings – use **feeling** words, not thoughts.*

*“I feel like you don’t want to talk to me” is a
thought (I think you don’t want to talk to me),
what do you feel when you believe that thought?*

PASSION	JOY
LOVE	GUILTY
ANGRY	AFRAID
SHAME	HURT

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