



Practicing Compassionate Connecting

Date :

What is the situation?

1. What am I feeling?

Use the *Emotions Inventory*; clarify your emotions from your thoughts and stories.

2. What am I longing for?

Use the *Universal Needs, Value, Longings and Desires* list.

3. What do I imagine the other person is feeling?

4. What do I imagine the other person is longing for?

5. What might I ask for or offer that could be a win/win for both of us?