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STEP MODE MANAGEMENT

1. WHEN

I feel
or my partner
the Mode I flip into is
.....



2. IN THAT MODE

I feel
(emotions/body sensations)
and I think



3. BUT WHAT I REALLY NEED IS

- connection
- safety
- affirmation
- acceptance
- to be seen
- autonomy
- fun
-



4. SO INSTEAD

my Healthy Adult could say or do
.....
.....

