

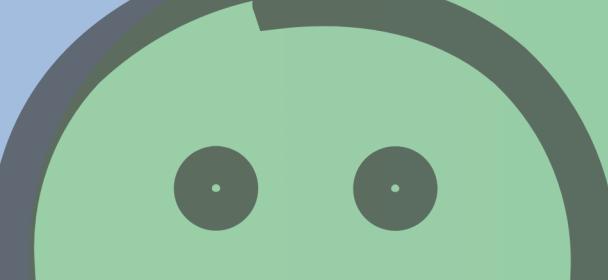
# 4 STEP MODE MANAGEMENT

## 1. WHEN

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



## 2. IN THAT MODE

 and I think .....

I feel .....

(emotions/body sensations)

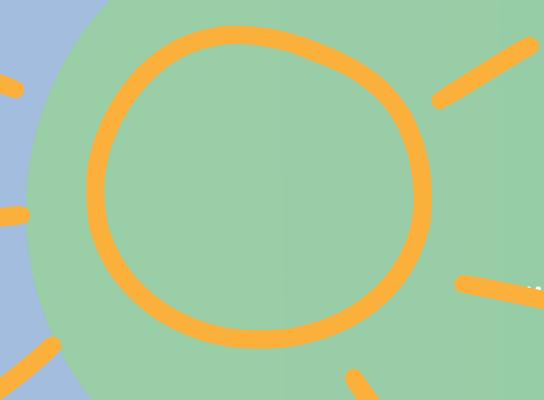
## 3. BUT WHAT I REALLY NEED IS

- connection
- safety
- affirmation
- acceptance

- to be seen
- autonomy
- fun
- .....



## 4. SO INSTEAD

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

