Name:_____

What I do

_____
_____

What I think to myself

   About me: _____

_____

   About you: _____

_____

I react emotionally with

_____
_____

Name:_____

What I do

_____
_____

What I think to myself

   About me:_____

_____

   About you: _____

_____

I react emotionally with

_____
_____

What I do *triggers*   What I do *triggers*

How I feel inside

_____
_____
_____
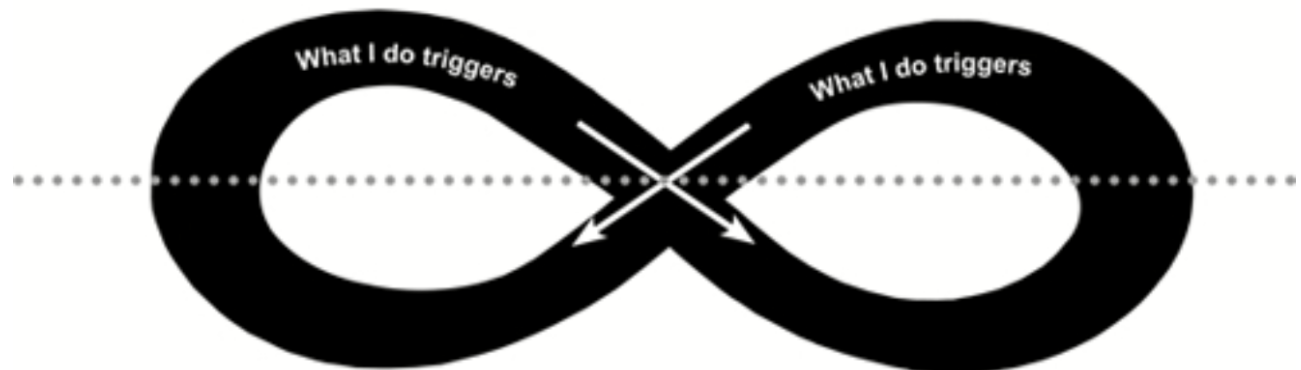
What I need, what my intentions are

_____
_____
_____

How I feel inside

_____
_____
_____

What I need, what my intentions are

_____
_____
_____