



say HOW you feel

Feelings (eg angry, sad, scared, happy) are important. They carry valuable information.



say WHY you feel that way

Feelings connect to something that has happened – either now or in the past. Knowing the connection is most of the way to the solution.



say WHAT you could do next

The choice you make now affects the long- & the short-term future. Choose wisely, positively & constructively - choose Life!

