

## *Speak Your Truth, Not Your Mind™*

“When you said / did \_\_\_\_\_.”

*Repeat what the person said.*

“I made up a story that you / it meant \_\_\_\_\_.”

*State your perception, your story.*

“Then I felt \_\_\_\_\_.”

*Share your feelings – use **feeling** words, not thoughts.*

*“I feel like you don’t want to talk to me” is a  
thought (I think you don’t want to talk to me),  
what do you feel when you believe that thought?*

PASSION	JOY
LOVE	GUILTY
ANGRY	AFRAID
SHAME	HURT

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