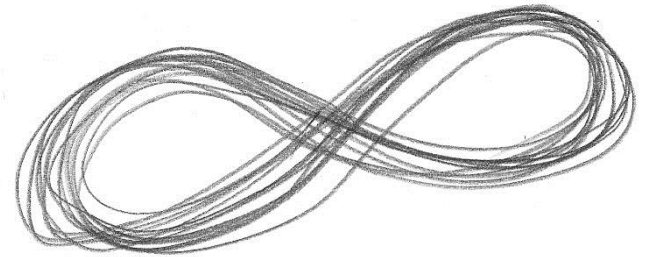


Staying in Connection

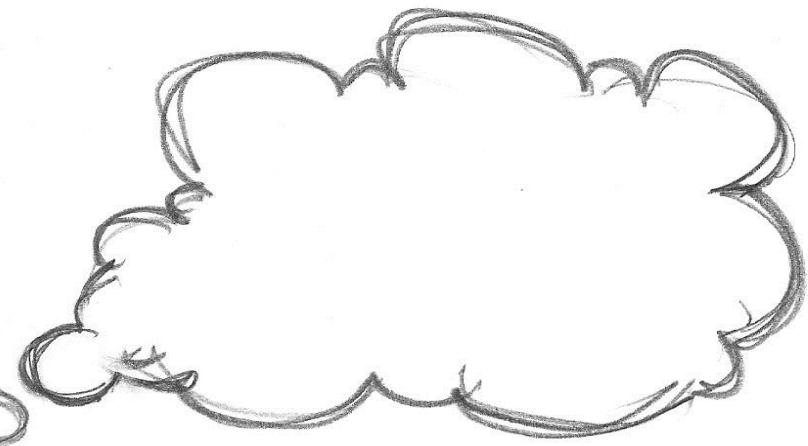
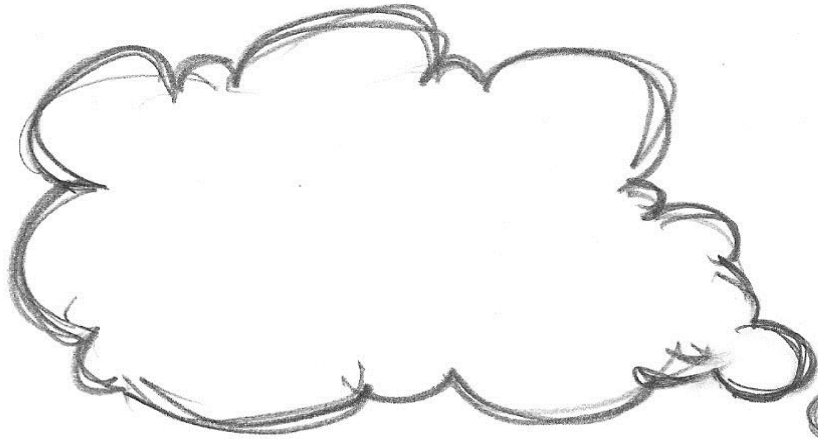
When you . . .



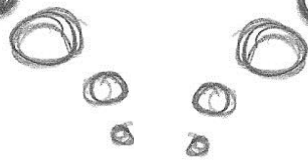
- experience being torn
- find it difficult to say "no"
- experience guilt

EDUCATOR

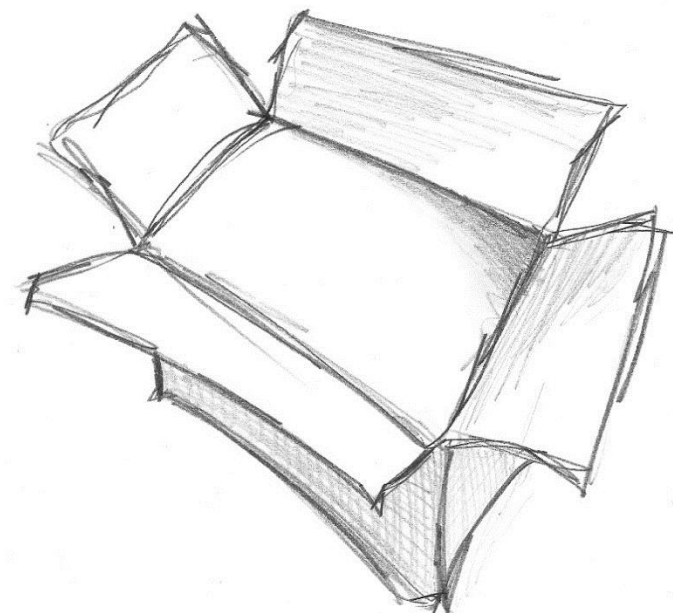
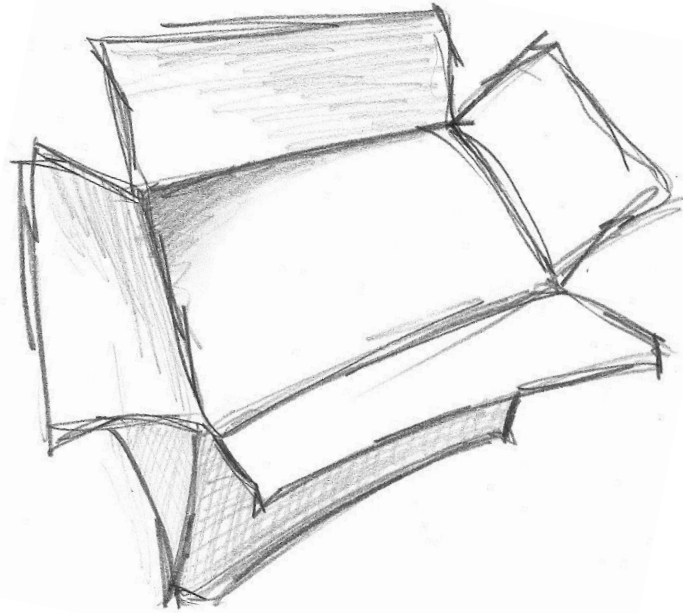
CHOOSE



Thoughts



OR / OR

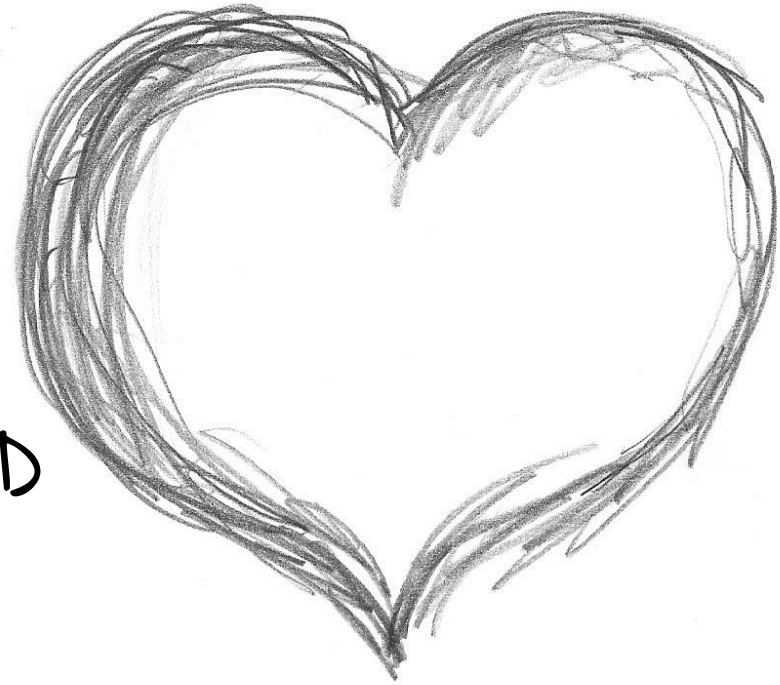


Strategies

(right/wrong; win/lose)

EDUCATOR

CHOOSE



Needs

AND / AND

New, creative strategies that might
meet full set of needs

-
-
-

Instructions

EDUCATOR

Educator thoughts are often in relation to others, cultural norms, expectations. They include "should" thoughts and stories you tell yourself. They typically serve a vital "protection" role.

Thoughts

CHOOSEER

Chooser thoughts are the ones you have if it were just you and you alone. Sometimes the quieter voice that longs to have space to be heard.

OR / OR

Strategies

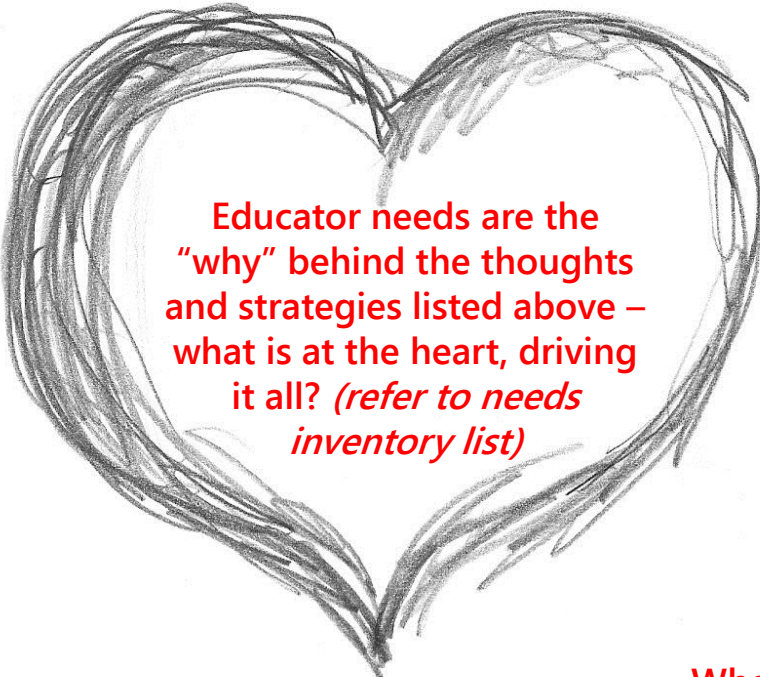
(right/wrong; win/lose)

Strategies that stem from Educator thoughts are often patterns – what we do on automatic pilot. . . "what has to be done"

Strategies that stem from Chooser thoughts are the ones you might go for if you knew no one else would be effected.

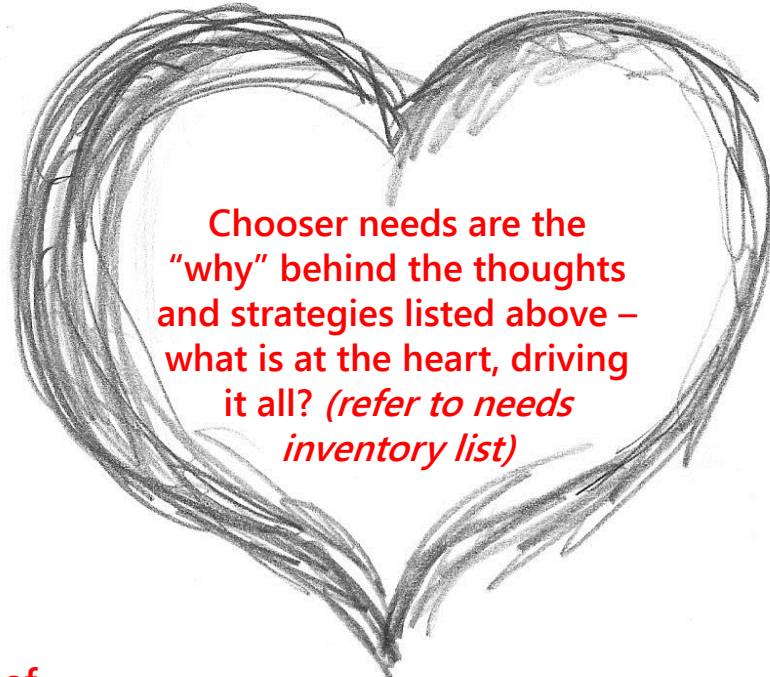
Instructions

EDUCATOR



Educator needs are the "why" behind the thoughts and strategies listed above – what is at the heart, driving it all? (*refer to needs inventory list*)

CHOOSEER



Chooser needs are the "why" behind the thoughts and strategies listed above – what is at the heart, driving it all? (*refer to needs inventory list*)

Needs

AND / AND

When taking the full set of needs into consideration, is there mutual compassion?
Room for creativity?
Possible (new) ways to meet all of them?

New, creative strategies that might meet full set of needs