# Communication Flow Chart

### Self-Empathy

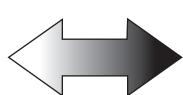
#### What am I:

- seeing or hearing that's stimulating me?
- thinking?
- feeling in the body?
- needing?
- requesting to address those needs?

### **Check Intention**

#### Am I:

- centered, open, or relaxed?
- curious about connecting?
- knowing that I don't have all the answers?
- open to any outcome that addresses all the needs?



- stressed, scared, or angry?
- wanting to be right?
- wanting to get my way?
- closed to other outcomes?

# **Empathic Listening**

### What are they:

- seeing or hearing that's stimulating them?
- feeling?
- needing?
- requesting to address those needs?

## **Empathic Expression**

#### What I:

- see or hear that's stimulating me
- feel
- need
- request to address those needs