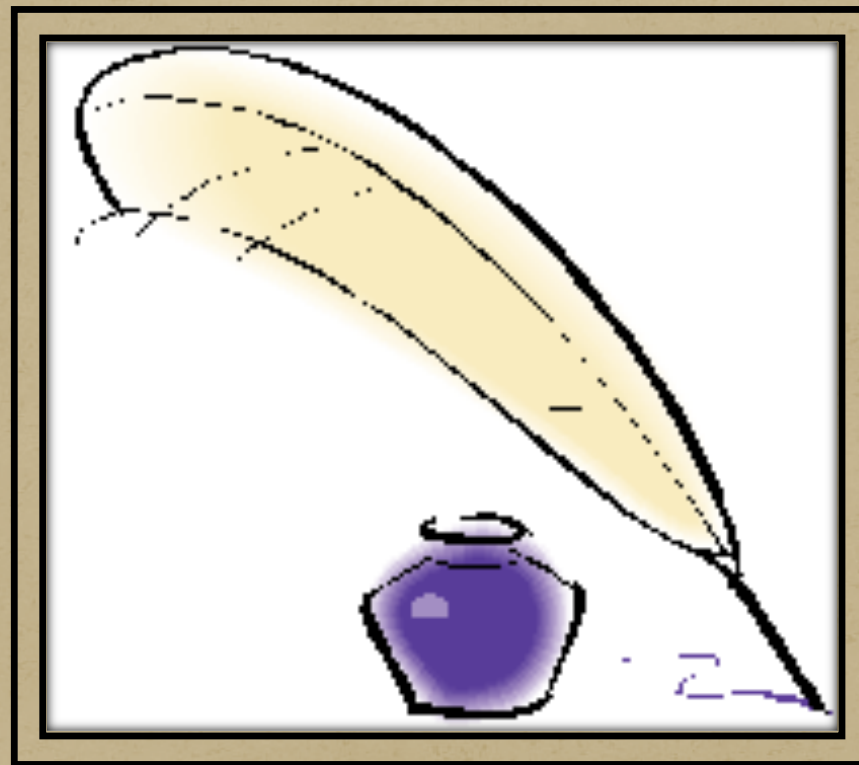


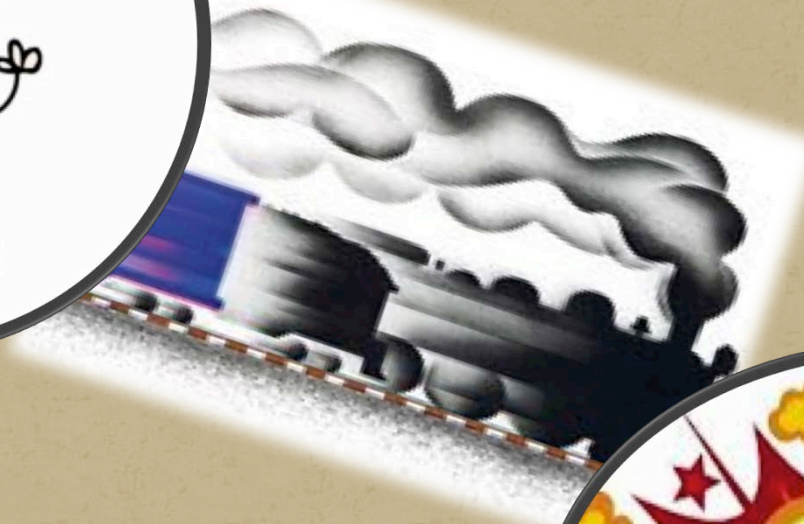
Compassionate Communication



Grounding Questions



Stimulus → Reaction



Stimulus

→ Breath
(awareness)

→ Intentional
response

THINK

- Thoughtful
- Honest
- Inspirational
- Necessary
- Kind

The “How”

- Asking open-ended questions
 - “Can you tell me more?”
 - “Is there anything else?”
 - Avoid “Why”
- Taking a breath as a group practice
- Being willing to stay in discomfort
- Bringing a spirit of curiosity and wonder