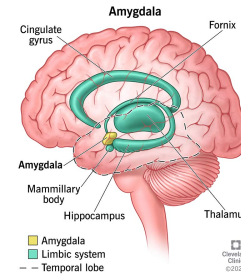
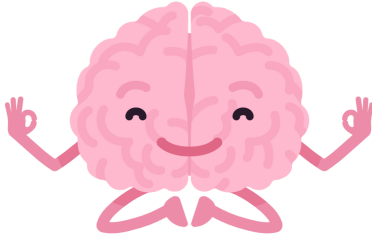


Compassionate Dialogue



Regulated Intentions	Dysregulated Intentions
- To deepen your understanding - To be honest - To be compassionate with yourself - To resolve a conflict - To learn about the situation - To build connection - To be able to work together better - To stop harm - To engage respectfully - To be authentic - To engage with empathy - To honor different perspectives - To be curious - To include people - To openly address issues - What else?	- To win an argument - To get back at someone - To be right - To prove someone wrong - To show that you're smarter - To assert power - To be liked - To be in control - To intimidate someone - To embarrass someone - To hurt someone's feelings - To change someone's opinion - To avoid your own feelings - To make everyone happy - To avoid confrontation - What else?
<u>Personal Reflection</u> - Reflections on my selections above: - Situations in which I am regulated:	<u>Personal Reflection</u> - Reflections on my selections above: - Situations in which I am dysregulated: