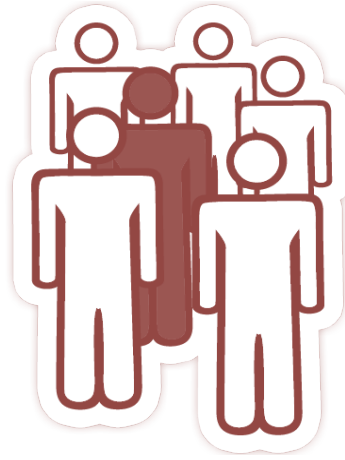


HOW TO STAY CONNECTED – when people do things I do not like:

complain – moan – yell – object – swear – ask
refuse – keep silence – threaten



I try to listen to what they say – ask to understand,
check, what I hear – acknowledge and appreciate something specific
and admit they might want to be heard and seen.

I TELL MYSELF, THEY SPEAK ABOUT THEIR NEEDS.