

Attuned  
Listening

Attuned,  
Empowered  
Speaking

## Mindful Inner Self-Dialogue

Noticing my own reactions or reactivity  
(joy, fear, surprise, anger)

Breathing

Choosing mindfulness: I don't want to be on autopilot

Humanizing: looking for my needs and others' needs

Breathing

Choosing whether to listen, speak, or disengage

