LUV

LISTEN

WHAT ARE YOU THOUGHTS ABOUT THE SITUATION?

WHAT ARE YOU FEELINGS ABOUT THE SITUATION ?

UNDERSTAND

HAVE YOU EVER FELT LIKE THIS BEFORE? WHEN?

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WHAT DO YOU DO WHEN YOU FEEL LIKE THIS?

WHAT DO YOU THINK YOU NEED? WHY?

VALIDATE

MY FEELINGS ARE VALID.
I ACCEPT WHERE I AM NOW.
I WILL CONTINUE TO MAKE PROGRESS.

Get More Information

WHAT HAPPENED? OBJECTIVELY

DO YOU KNOW THE INTENTIONS?

WHAT QUESTIONS WILL HELP ME UNDERSTAND MORE?

WHAT WAYS CAN I RESPOND?