Awareness

(of assumptions, emotions, and background)

Share thoughts and/or emotions.

"I assume, believe, interpret.." and/or *"I feel.."*

Share your background, experience, standards, expectations or perceived impact.

"Because I …"

Cue for A

1. Imagine a thought bubble that contains your thoughts.
2. Notice your stomach, your solar plexus center that is the seat of your emotions. Complete the sentence, "Something in me is feeling…"
3. Imagine a backpack with your background experiences, standards and expectations.

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