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Sayings to Incorporate Daily:

- 1. What do **you** think?
- 2. That's one way!
- 3. This is not OK with me!
- 4. What do **you** need?
- 5. Oh, well!
- 6. How do **you** feel?
- 7. Thank you for sharing.
- 8. How can we do that differently?
- 9. Freeze!
- 10. Do **you** feel safe? What would unsafe look like?
- 11. What would that entail?
- 12. What is Negotiable, what is not?
- 13. What do **you** need to change?
- 14. How do **you** need it different?
- 15. What is this really about??

Encouragement's:

Disclaimers:

Appreciation's: