

The Magic Phrase

Have you noticed that when you're upset or stressed out, it feels hard to calmly talk and explain yourself?

This happens because the 'emotion part' of the brain takes over and makes the 'thinking part' much harder to use!



When your brain is overwhelmed in 'stress mode' it's easy to get stuck trying to express yourself in ways that make things worse like blaming others, saying hurtful things, or yelling.

What works like magic to get others to listen and understand is to use words to say how you feel and what you need.

This makes it super easy for the other person to understand you, and no one gets hurt feelings.



I feel _____ when you _____
and I need you to please _____.



My feelings...

