
Judgmental
Attitude

Trigger
Words

"You"

"Why"

"No"

Seek to understand

Curious
Attitude

Agenda to
prove wrong

Black/white
thinking

Beach Boys Psychology 101

Emotional
Safety
Words

Breathe
A.I.R.

Awareness, **I**ntentionality,
Risks

Body
Wisdom

Welcome Feelings as temporary messengers

"I feel. . ."

"I don't like feeling. . ."

"I want to feel. . ."