Selbstempathie

Ausdruck
(Ehrlichkeit)

Zuhören
(Empathie)

Connecting2Life
THE ART OF DIALOGUE

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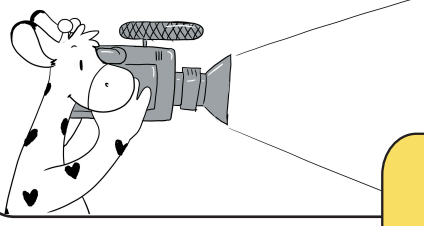
connecting2life.net

Beobachtung



Gedanken

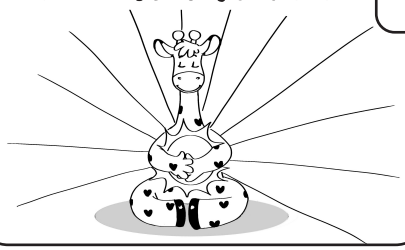
Sprache

- Urteile
- Müssen / Sollen
- Vergleiche

Gefühle
(Körperempfindungen)

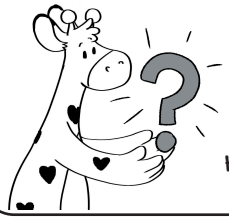
Bedürfnisse

≠ Strategie



Bitte

≠ Forderung



- Verbindung
- Wiedergeben
- Handlung