

Activity – Courageous Expression, Experience Cube

Think of a hypothetical or real difficult behaviour scenario that you might want to address.

Intentions	What is your intention in having this conversation?
Facts	What observable facts can you identify that supports your perspective?
Thoughts	What stories are you making up ? What assumptions are you making? What judgments do you have based on your own beliefs, values, and worldview?
Feelings	What feelings do these thoughts evoke for you ?
Wants	What do you want? How can you align your request with your intention?

Practice your conversation with your partner. Your partner can provide feedback if:

- you are confused about which quadrant you are describing
- they do not hear a description from all elements of the Cube