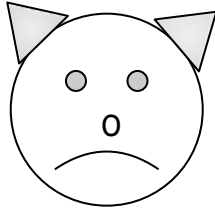
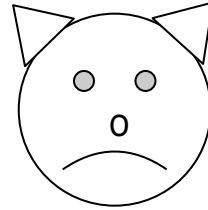


4 WAYS OF HEARING (no matter what is said)

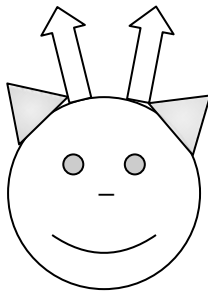
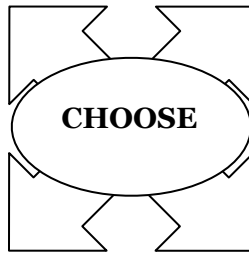
Jackal = Criticism
Giraffe = Compassion



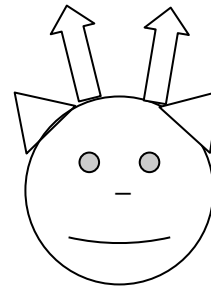
Jackal Ears OUT:
Hearing criticism



Jackal Ears IN:
Criticize myself



Giraffe Ears OUT:
Hearing the other's
Feelings and Needs



Giraffe Ears IN:
Hearing my own
Feelings and Needs