

**META**

What is the Jackal?

What are met and unmet Needs?

What are attempts to meet Needs?

What is connection?

What is the Giraffe?

**PARTS**

What is an Observation?

What is a Request?

What are Observations?

What are Feelings?

What are Needs?

**DISTINCTIONS**

What is Evaluation?

What is between strategies?

What are Demands?

What are Strategies, or All Behaviors?

What are Faux Feelings?

**REAL LIFE**

What is Self-Awareness, or Self-Empathy?

What is noticing your own reactivity?

What is blaming?

What is the Punitive Use of Force?

What is a Demand?

**ADVANCED**

What is the Punitive Use of Force?

What is the "yes" to a Need

Who is Nobody?

What is Interrupting To Connect?

What is the Protective Use Of Force?