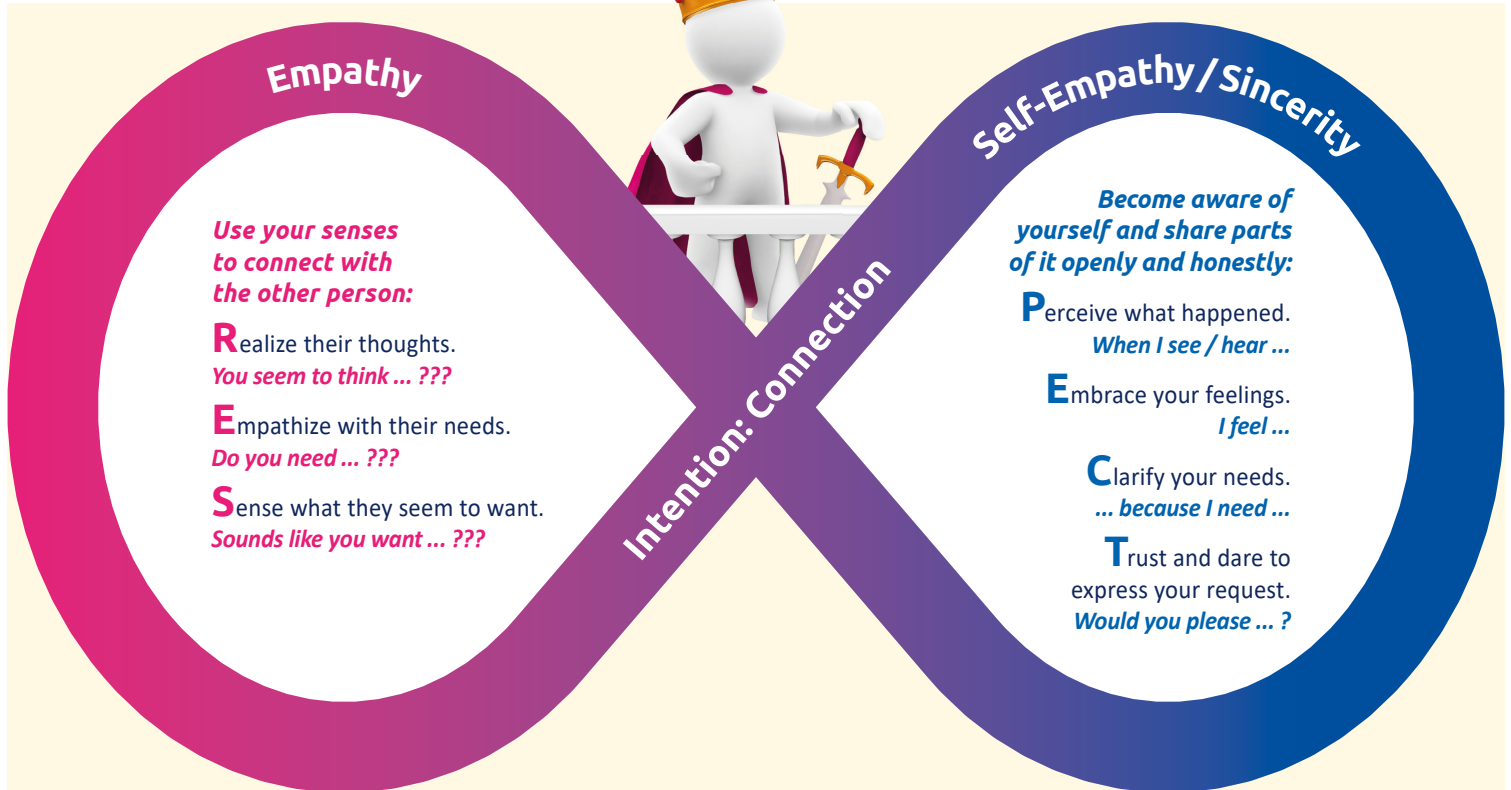






(Re-)Act with RESPECT!

- Step onto the balcony, take a deep breath and ...
- ➔ notice your thoughts
 - ➔ resist (audible) reproaches etc.
 - ➔ put on your imaginary bullet-proof glass coat and assume a royal posture
 - ➔ decide whether you would like to focus on yourself or on the other person



(Re-)Act with RESPECT!

<i>Needs</i>	<i>Feelings</i>	<i>Feelings</i>
<p></p> <p>Acceptance Appreciation Authenticity Autonomy Balance Being heard Being seen Challenge Clarity Communication Community Connection Consideration Continuance Contribution</p> <p>Cooperation Creativity Credibility Development Ease Efficacy Fairness Flexibility Freedom Growth Independency Inspiration Integrity Mastery Meaning Movement</p> <p>Openness Order Orientation Participation Recognition Reliability Relief Respect Safety Security Structure Support Trust Understanding</p>	<p></p> <p>Angry Annoyed Anxious Concerned Disappointed Discouraged Dissatisfied Exhausted Frustrated Helpless Hesitant Impatient Irritated Nervous Overwhelmed</p> <p>Puzzled Restless Shocked Skeptical Startled Tense Tired Uncomfortable Withdrawn Worried</p> <p></p>	<p></p> <p>Inspired Calm Clear Confident Content Curious Delighted Eager Encouraged Enthusiastic Excited Fascinated Glad Grateful Happy Hopeful</p> <p>Joyful Motivated Quiet Relaxed Relieved Safe Satisfied Secure</p> <p></p>