

Our Feelings Tin

Often during heated moments emotions become strong, wrong intentions are assumed, and effective communication becomes difficult. This tool is a way for each person communicates what he/she feels AND needs. It's simple to use- Each person has a set of Velcro dots and during heated moments they both place a dot on their individual feeling(s) and needs.

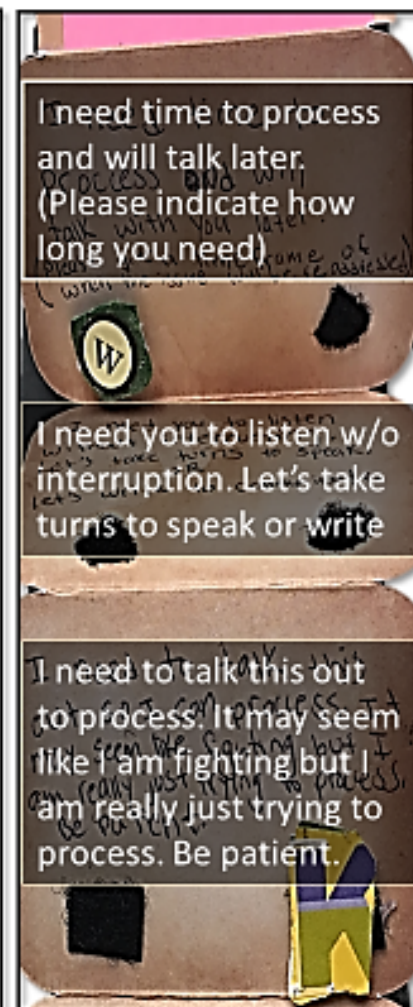


A visual relationship tool that can help with difficult feelings



- Is portable
- Does not require talking
- Expresses what both people are feeling
- Rates the intensity of the feelings
- Assures that both people can assert their needs

Feelings & intensity scale on one side & needs on the other side



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