

Tense Situation Strategy

1 I FEEL... _____

2 ABOUT... _____

3 BECAUSE... _____

BUST A "FAB"



@T.HOUGHTLY

1

Share about yourself

"I feel concerned about the garbage because it's not getting taken out regularly."

2

Ask a 'what' or 'how' question

"How are you feeling about being responsible for the garbage?"

3

Validate the emotion

"It seems like you're resentful about being responsible for the garbage."