

What's going on:

Observe, describe, non-judgmentally
Teacher & Student & Other
Emotional/Vulnerabilities
HALTSSSS

HINT:

Am I addressing the EMOTION or the situation?
No explanation or justification or sharing facts.
Less is more.

What's getting in the way?

Not accepting what we hear.
Trivializing the problem
Justifying ourselves
Quick to solve the problem
Wanting to be right
Focusing on the secondary emotion
Focusing on the behaviour (thorns)
Judging
Thinking we are approving, and it will continue

	What was said? What did we see? What are the feelings?	What can we say that is validating?
What Happened?	Students	Validate
	Teacher	Validate
	Others?	Validate

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