

# Jackal Journal

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# Observation Feelings Needs Request

## JUDGEMENT

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## I FEEL

## THEY FEEL

## REQUEST OF SELF

In this moment, what can I say,  
do, or think to support my need  
for.....

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## OBSERVATION

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## BECAUSE OF MY NEED FOR

## BECAUSE OF THEIR NEED FOR

## REQUEST OF OTHERS

Would you be willing to..

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