



Go to Outer Space

Name / Call Sign

I'm going to Outer Space with _____ to better understand each other's our feelings and needs in our situation. By going to Space, we can rebalance Dark Energy and protect our universe!

Step 1: Reflect and complete S + P + A on your own. Move onto Step 2 when you're both ready.



State what happened What happened? What did you see and hear? Just the facts!



Place your feelings How do you feel? Choose a feeling or write your own.

Calm	Rested	Centered		Happy	Motivated	Excited
Safe	Grateful			Hyper	Proud	
Sad	Disappointed	Tired		Angry	Nervous	Stressed
Lonely	Bored			Scared	Annoyed	



Add your needs What need is met or unmet? Choose a universal need or add your own.

Step 2: Are you both ready? Take turns to listen to each other talk about S + P + A. Then work together to complete C + E.



Communicate their feelings and needs Do you both understand each other's feelings and needs?

How do they feel? 	What do they need?
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End with a plan What can you both do now? Together, make 3 plans. Then choose 1 to try first!

_____ _____ _____	_____ _____ _____	_____ _____ _____
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