



## Finding My Strong & Kind Voice

1. **Situation:** Describe the situation (or A situation) that you need a strong & kind response to.
2. **Brainsprout** ALL your ideas:
  - No judging!
  - Write everything down.
  - Be ridiculous!

**Brainsprout here!**



3. **Label them:** Power Over, Under, With. Underline your “with” statements.
4. **Time to choose!**
  - Do you LOVE any of them?
  - If not, can you change any to be a bit stronger or softer?
    - *Now* do you love one?
    - **Pick the statement** that feels the BEST – the most like YOU. The one that is “do-able”.
5. **If you can't find a great strong & kind response,** take a break, and brainsprout a little more once you feel refreshed.