

(Sender)

When you _____ what I feel inside is _____ .

What I want to do when I feel this way is _____ .

What I'm afraid of is _____ .

What I really need from myself is _____ .

What I really need from you is _____ .

(Receiver)

What was really going on for me at the time was _____ .

The reason why it's hard for me to see that I you is _____ .