

Tools to better understand each other and cultivate harmony



Day 9

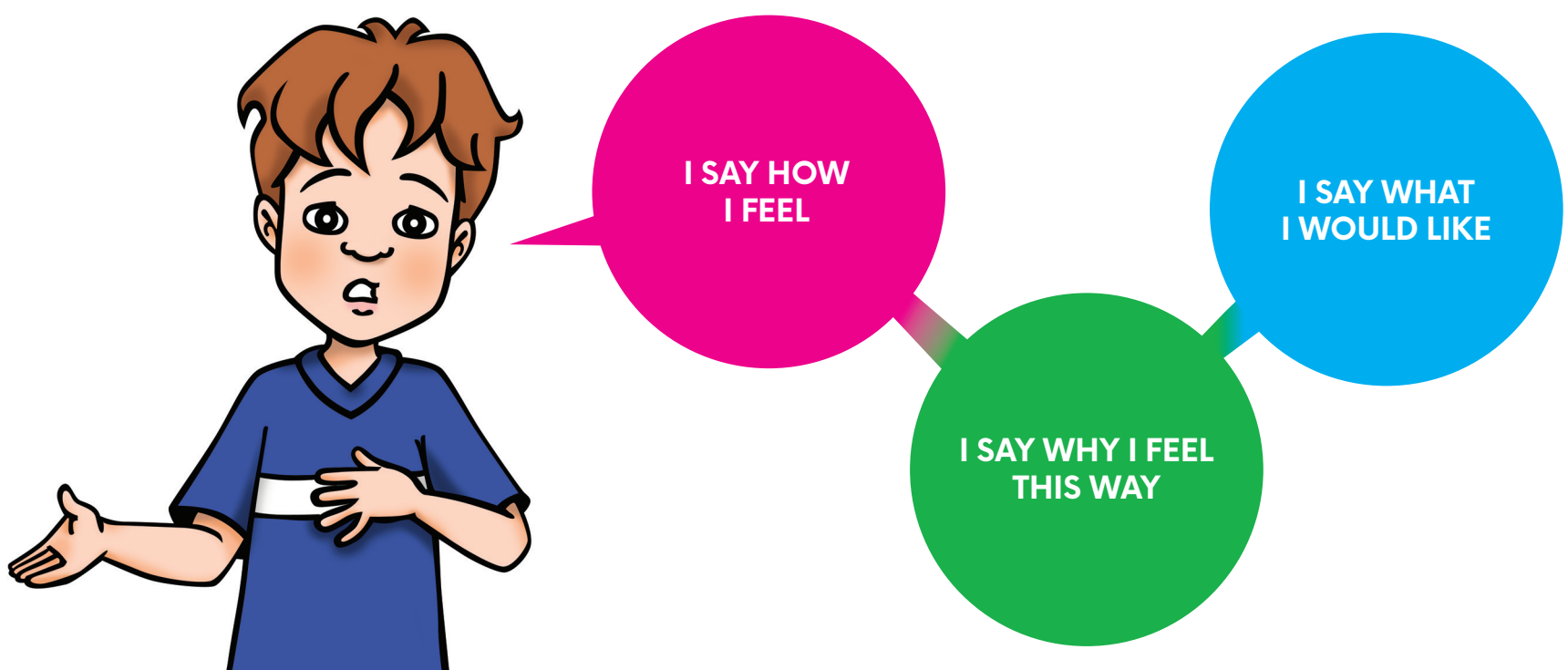
Your challenge today

Identify a situation in which you're experiencing dissatisfaction, and try to engage the other person using the peaceful communication method.

PEACEFUL COMMUNICATION

A powerful tool to foster self-respect and respect for others

I SPEAK CALMLY AND RESPECTFULLY ABOUT MY **FEELINGS**,
NEEDS AND **OPINIONS**:



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Psst! That would look great on the fridge. **Click here to print.**

**Practice well as you will be put
to the challenge tomorrow!**

About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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