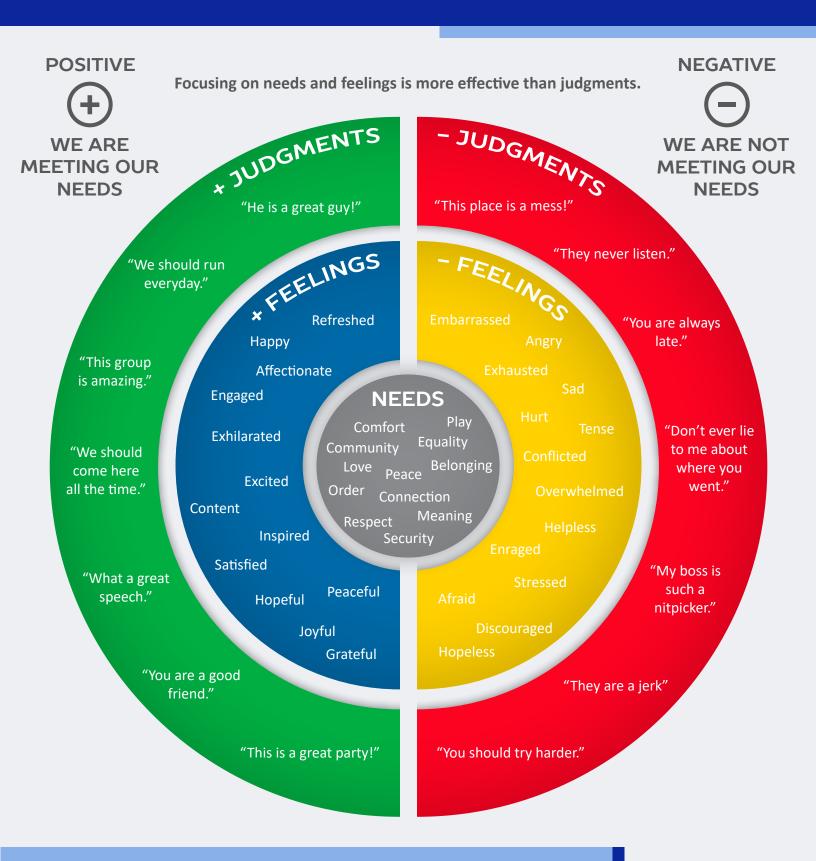
## EMPATHETIC COMMUNICATION

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Everything we have ever felt stems from a need. Judgments or statements we might make help us to identify our feelings. Those feelings help communicate needs that are or are not being met. Once we are aware of the need, we are able to better communicated with others. ©2019 Core IQ. All rights reserved.