

Despite appearances, I want
to work this out with you.

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Breathe deeply
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Breathe deeply

MOMENT OF CHOICE RESCUE CARD

WOW! I need to stop right now. I realize I'm feeling really anxious about my ability to converse in a way that would be supportive and productive. I am going to take a time out and would like to revisit this with you once I have regained my composure so that I can better hear you and work this out with you.

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