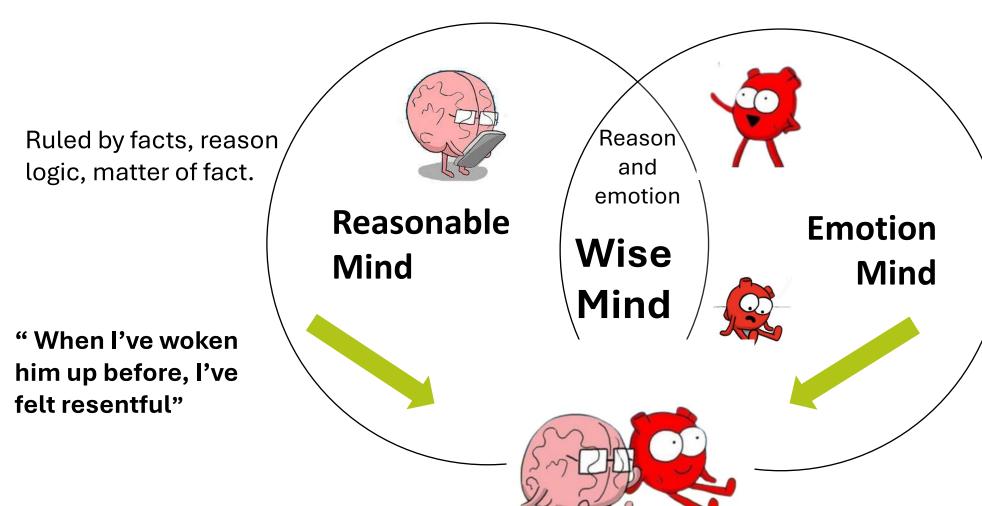
## Accomodation and States of Mind



Ruled by moods, feelings, and urges to do or say things

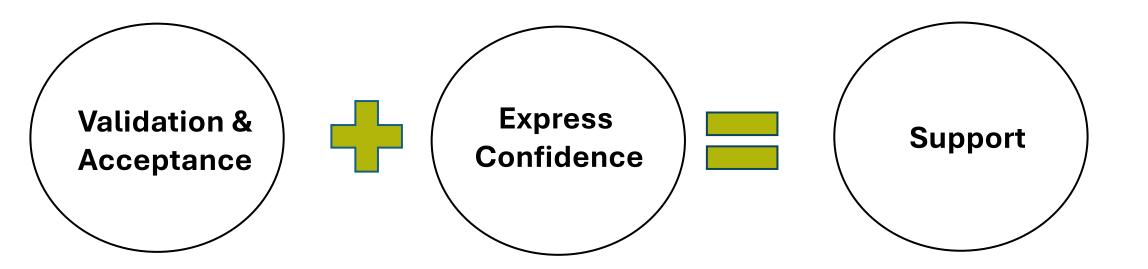
f' I'm anxious about my son not getting up for work – I want to go in and wake him up!"



"I can tolerate feeling anxious & avoid feeling resentful & NOT wake up my son"

## Redefining Support





"I understand you feel (x)
Because... because."

"This problem is real, you are tired, and we believe in you"

**STOP HERE** 

Agreement is **NOT** required!

