

# NAME IT

1. **STOP**
2. **NAME**
3. **FEEL**

1.



Ask the person to **stop** what they are doing

→ Make sure that you use an appropriate voice



**Name** what it is you do not like

*"I don't like it when...."*

2.

3.

"It makes me **FEEL..**



UNHAPPY     Awkward

Sad **FRUSTRATED** **BAD**

UNCOMFORTABLE Left out