



Becoming Peace Worksheet – Identifying Feelings & Needs

BePeace Tools

- Coherence Technique
- Radiating Appreciation
- Self-Empathy
- Heart Guidance
- Feelings and Needs Cards
- Guessing Empathically

Stimulus	Negative feeling(s)	How much time	Unmet need(s)	Tool to apply		Positive feeling(s)	How much time
					High energy		
← Negative						Positive →	
					Low energy		
	Total time in negative:					Total time in positive:	