

# LOOK BACK, LOOK FORWARD



As you begin to Transform Your Talk, jot down notes about conflict moments you'd like to leave in the past!

A large rectangular area with a light gray background and horizontal white lines, intended for writing notes about conflict moments to be left in the past.

*What kinds of words, feelings and responses would you prefer to give your child instead?*

A large rectangular area with a light green background and horizontal white lines, intended for writing preferred words, feelings, and responses to give to a child.