SELF-EMPATHY WORKSHEET		
	<b>2.</b>	
What Happened:		
Thoughts/Judgments:		
Feelings:		
What is important to me?		
Precious Needs:		
What do I want to do about it:		
Requests I might make:		
~Myself		
~Other		
~Others		
What Happened:		
Thoughts/Judgments:		
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