

Bliss Wheel Pain Wheel

BLAME

Assigning responsibility to yourself or others for something you think is bad or wrong.

Putting our attention on our own and others' feelings and needs.

Refuse to share your gifts and coerce others into doing what you want them to do.

> Share your gifts joyfully to meet another's needs or make a request of others to meet your needs

OFFER + ASK

SAVOR + CELEBRATE Our attention met and with reeds being sing on ts

Connecting with feelings and unmet needs stimulated by past actions that we now regret.

Assign blame and try to make amends for past actions that have "caused" pain.

APOLOGIZE