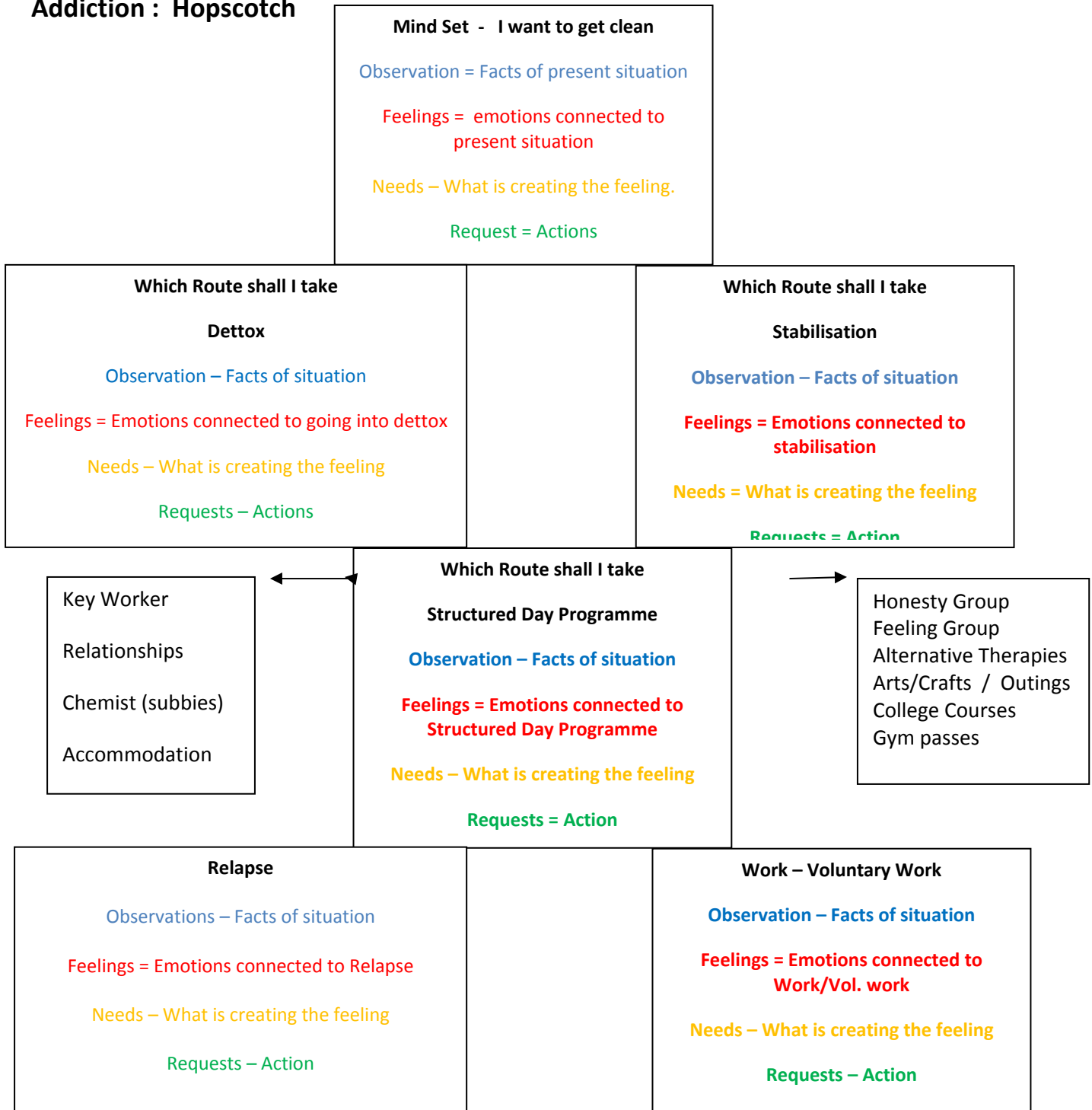


# Compassionate Communication – EFT Hopscotch

## Addiction : Hopscotch



**No Work**  
How do I fill my days  
**Observation – Facts of situation**  
**Feelings – Emotions connected to no work.**  
**Needs – What is creating the feeling?**  
**Requests - Action**

**Accommodation**  
**Observation – Fact of situation**  
**Feelings = Emotions connected to accommodation**  
**Needs – What is creating the feeling**  
**Requests – Action**

**Employment**  
**Observation – Facts of situation**  
**Feelings = Emotions connected to employment**  
**Needs – What is creating the feeling**  
**Requests – Action**

**New Start – New Life**  
**Observation – Facts of situation**  
**Feelings = Emotions connected to new life & abundance**  
**Needs – What is creating feeling**  
**Requests - Action**