

# Talking Format+Request

When I heard you/saw you . . .  
(*data* - what you could record with a video camera)

What I **thought**/perceived/  
made up about that is . . .

And about that I feel . . . .  
(*Share your emotions*)

anger	pain	joy	shame
guilt	love	fear	passion



Request (*optional*)

And my request is . . . .

Or

Would you be willing to . . . . ?