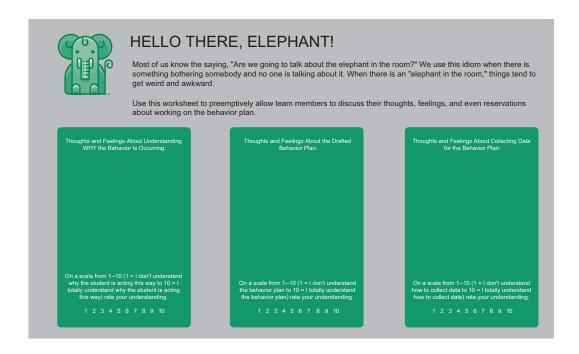
## "HELLO THERE, ELEPHANT."



We have all had experiences when what needs to be discussed is never discussed because, well, it would be too awkward. We refer to this phenomenon as "The Elephant in the Room." Instead of ignoring the elephant, what if we included a process to visit with that elephant? You know, check



in on the big fella? This worksheet is best introduced at the outset of behavioral planning. That

way, talking about what is bothering us becomes a norm instead of an awkward moment.

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