

# UNIT 6: PEOPLE RELATIONSHIPS

## Quick Coherence

While you're doing Heart-Focused Breathing, add a positive feeling to it. Remember a positive feeling you had during a fun experience or while you were doing something that made you feel good. Try to re-experience that feeling. You can think of a person you care about, your pet or a fun memory.

Use Quick Coherence to prep for conversations or meetings. Later you will rate your progress using the **Quick Coherence Success Meter**.



QUICK COHERENCE SUCCESS METER

LOW	MEDIUM	HIGH
<p><b>Level 1. Low</b></p> <p>Can't remember how it went. Don't care how it went. I need to practice more. I don't understand this. This is too hard to do.</p>	<p><b>Level 2. Medium</b></p> <p>I tried it. I forgot to do it sometimes. This helped me get more in sync. I tried it, but talking/meeting was hard. I need to get better at this and practice more.</p>	<p><b>Level 3. High</b></p> <p>I did it and I felt good before the talk/meeting. I thought about what to say. It felt like I was in sync the whole time. It was so great and I used my thinking brain.</p>