

PURPLE BELT

Verbals:

17. Listening Technique 2: Listen to what the other person is saying, be considerate of their wishes and show them respect by honoring their feelings.
18. Communication Technique 1: If you feel you're being offended, speak up in a positive manner to inform the other person what you're feeling.
19. Emotional Maturity: The ability to recognize your emotions, stay in control of your reactions to them, and only respond positively.