



What to Give Waves

RAFT

(A raft to ride the waves)

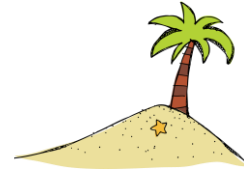
- Reassurance – lots and lots
- Affection
- Feelings
- Time-limited Separations

How to Grow as a Wave

REGS

(Keeping regulated)

- Regulation
- Enhance Emotional Happiness
- Gentle Reach
- Short and Simple



What to Give Islands

TABS

(Keeping tabs on your island)

- Transition Time
- Acceptance
- Breaks
- Slow emotional expansion

How to Grow as an Island

VEST

(An inVESTment in relationship)

- Voice
- Emotional Bandwidth
- Self-Awareness
- Turn Towards

