

The Four Questions

WHAT YOU NEED, TOO · SOPHIA KUEI

When you notice yourself moving toward yelling, controlling, proving, withdrawing, or over-explaining:

1 What just happened?

Name the visible event in one or two plain sentences.

2 What am I feeling in my body?

Notice tension, heat, tightness, restlessness, or the urge to leave.

3 What am I trying to protect or receive?

Connection, predictability, control, competence, integrity, self-worth, belonging, or space?

4 What action would care for that need at a lower cost?

Choose one small move that helps the need without escalating the reaction.

When You Have Only Twenty Seconds

“Something is happening.”

“A need is close by.”

“My body is reacting.”

“One useful action comes next.”

One Useful Sentence · Choose One

- “I need a clear next step.”
- “I need help carrying this.”
- “I need to stop explaining and listen.”
- “I need two minutes of space.”
- “I need time before I answer.”
- “I need to lower the demand for this moment.”