

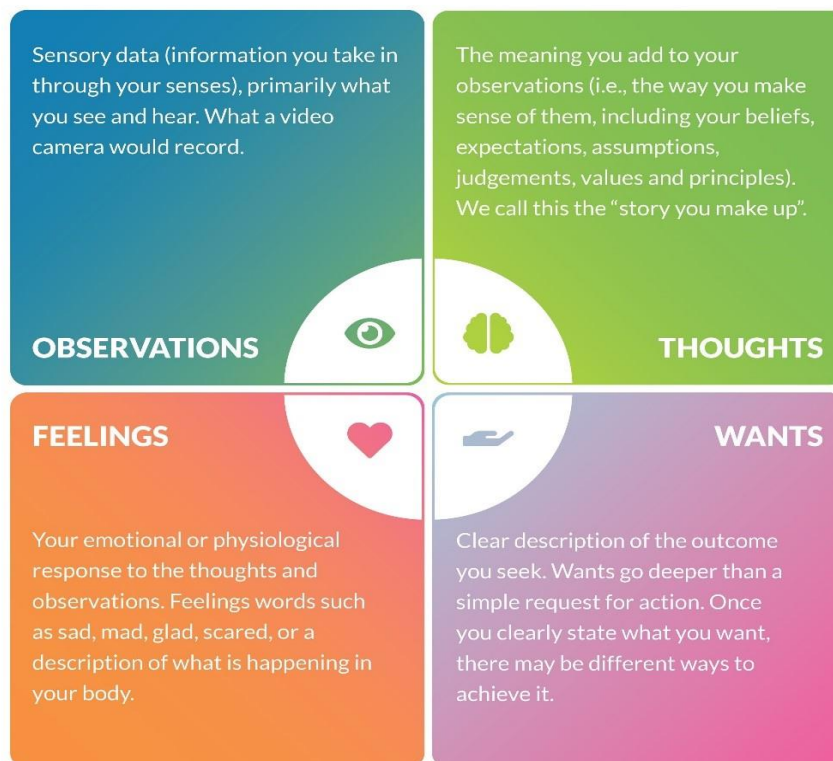
Activity: Trauma-Informed Practices & the CUBE

As a quick refresher, here are the core principles of a trauma-informed approach:

- ensuring safety and centering trust
- facilitating choice and control
- using compassion
- centering collaboration
- using a strengths-based approach
- acknowledging that trauma is pervasive
- practice cultural sensitivity, awareness, and safety

In this activity, we invite you to think of two or three different conversations you might encounter in your work, and use the ‘**Experience Cube**’ technique to coach yourself through a response, keeping these trauma-informed principles in mind. The Experience Cube, from the book *Clear Leadership* by Gervase Bushe, is a tool that helps anyone in any context talk about difficult topics. We introduce this technique because it is aligned with the trauma-informed principles of being transparent, being non-judgmental, and ensuring safety.

A ‘Cube’ response includes four elements: **observations, thoughts, feelings, and wants**. You can work through these elements in whichever order suits you.



Situation 1: What is the issue, feedback or scenario you would like to practice with? Write it down here, and then fill out the box below.

<p>Observations</p> <p>I am observing...</p> <p>I am paying attention to...</p>	<p>Feelings</p> <p>I feel...</p>
<p>Thoughts</p> <p>I think....</p> <p>I am assuming...</p> <p>I wonder....</p>	<p>Wants</p> <p>I want...</p> <p>I need...</p>

Situation 2: What is the issue, feedback or scenario you would like to practice with? Write it down here, and then fill out the box below.

<p>Observations</p> <p>I am observing...</p> <p>I am paying attention to...</p>	<p>Feelings</p> <p>I feel...</p>
<p>Thoughts</p> <p>I think....</p> <p>I am assuming...</p> <p>I wonder....</p>	<p>Wants</p> <p>I want...</p> <p>I need...</p>

Situation 3: What is the issue, feedback or scenario you would like to practice with? Write it down here, and then fill out the box below.

<p>Observations</p> <p>I am observing...</p> <p>I am paying attention to...</p>	<p>Feelings</p> <p>I feel...</p>
<p>Thoughts</p> <p>I think....</p> <p>I am assuming...</p> <p>I wonder....</p>	<p>Wants</p> <p>I want...</p> <p>I need...</p>