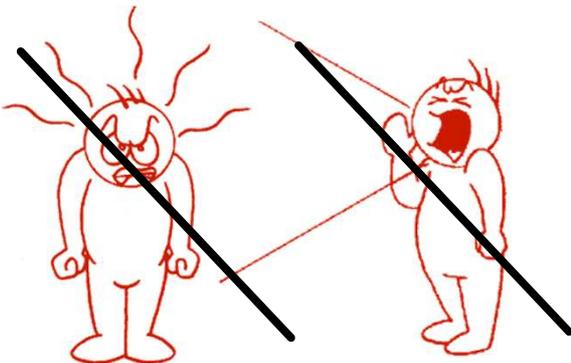
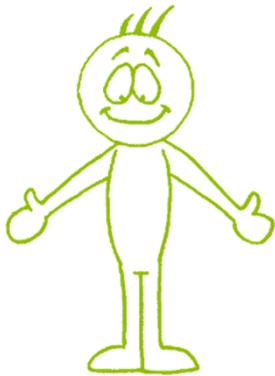


# Les messages clairs



« Ce que tu as fait m'a fait souffrir, je vais te faire un message clair. »

Je suis calme.



1. Quand tu ...



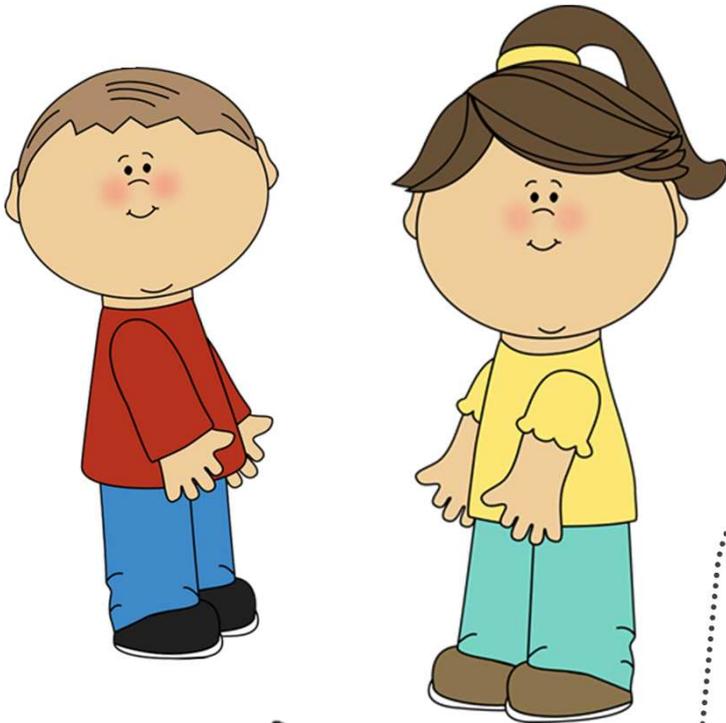
2. ...ça m'a ...



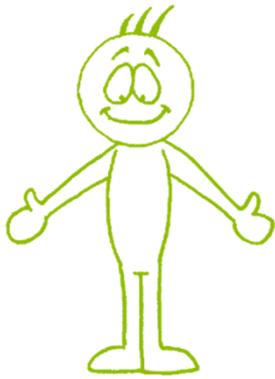
3. Tu as compris?



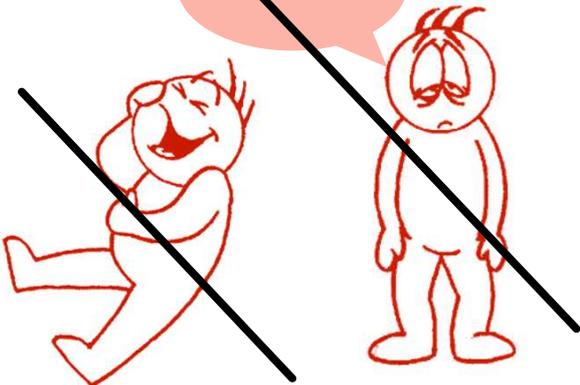
# Les messages clairs



Je suis calme.



~~bla bla bla~~



Je te regarde



Je t'écoute



Je te dis ce que  
j'ai entendu et  
compris.

