

Addressee: .....

My intention ?

Self expression?

To listen?

To find the solution for the satisfaction of each involved parties?

### Honesty




I have seen, heard, experienced. What would I tell to the addressee?

.....  
.....

I am ..... (feel now)



 because (my need) it is important / I care for :

.....  
.....  
.....



Tell me?



Do it?

.....  
.....

### Empathical presence

Please guess the other person's possible feelings and needs:

Do you feel.....because you would like .....

Do you feel.....because you care for .....

Do you feel.....because .....is important to you?

After thinking through this, please create a realistic plan:

.....  
.....  
.....

# Receiving criticism

CRITICISM I RECEIVED: .....

## SEPARATIVE

1.) Self blame, self criticism÷\*—> guilt, shame, depression:

.....

.....

2.) Criticising and blaming the other person—> anger

.....

.....

## CONNECTIVE

3.) My own feelings and needs

I feel ....., because I .....wish.

I feel ....., because I .....care for.

4.) Guessing the other person's possible feelings and needs:

Do you feel.....because you would like .....?

Do you feel.....because you care for .....?