

# THINK TROUGH

Addressee: \_\_\_\_\_ An important person in my life, who did something, I didn't like

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My intention :

- to speak up
- to listen
- to find a solution that is accepted by each party involved.

## HONESTY WITHOTH CRITICSM:

1.) My observation : \_\_\_\_\_ I have seen, heard or experienced and I didn't like:

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2.) My feeling:



I feel \_\_\_\_\_, because I I would like \_\_\_\_\_.

I feel \_\_\_\_\_, because \_\_\_\_\_ is important to me.

I feel \_\_\_\_\_, because I care for \_\_\_\_\_.

3.) My need:



4.) What do I request now? \_\_\_\_\_ Doable, measurable, related to the present moment:

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## TUNE IN TO THE OTHER PERSON WITH EMPATHY :

5.) What might be the feelings and needs of the other person?

Do you feel \_\_\_\_\_ because you would like \_\_\_\_\_ ?

Do you feel \_\_\_\_\_ because you care for \_\_\_\_\_ ?

Do you feel \_\_\_\_\_ because \_\_\_\_\_ is important to you ?

## MY REALISTIC ACTION PLAN IS:

6.) Thinking through this situation, this is what I plan to do or say differently:

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