I THINK THROUGH

Addressee _____

My intention

□ Honesty, without criticism.

□ Empathic presence, with an open heart and non-judgemental mind.

□ Care for each involved party's needs.

Honesty without criticism

1. My observation

_____

2. My feeling **3. My need**

I feel _____, because I would like _____.

I feel _____, because _____is important to me.

I feel _____ , because I care about_____.

4. My request

_____

Empathic listening, without agreeing

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

Do you feel _____ because _____ is important to you?

Do you feel _____ because you care for _____?

Do you feel _____ because you would you like_____?

MY REALISTIC ACTION PLAN IS

_____