

Translating "Right/Wrong" Thinking into Understanding & Connection

Honestly Expressing My Truth

1. Observation

"When I saw or heard ..."

2. Feelings

"I feel ..."

3. Needs & Values

"Because what is really important to me is ..."

4. Request & Agreements

"And I'm wondering if ..."

Alienating Thoughts

Blame
Opinions
Evaluations
Judgments
"Shoulds"
Beliefs
Perceptions
Suspicious
Assumptions
Interpretation
Conclusions

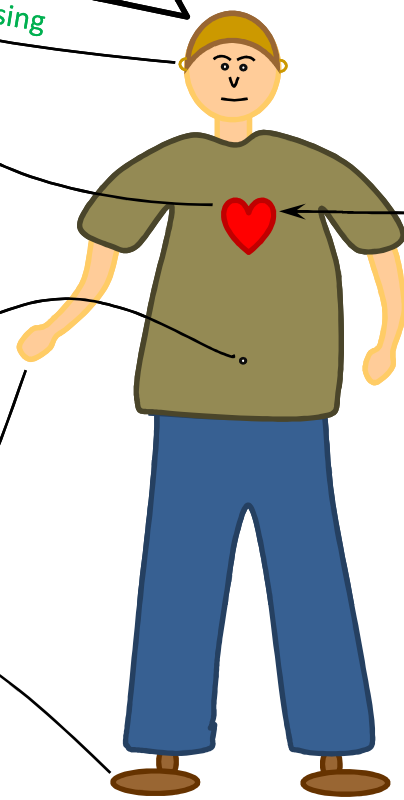
"When I have the thought that ..."

Sensing

Feelings

Core Values

Agreed Behavior



"I get it!"

Empathically Receiving Your Truth

1. Observation

"When I saw or heard ..."

2. Feelings

"I imagine that you are feeling ..."

3. Needs & Values

"Because what is really important to you is ..."

4. Request & Agreements

"And I'm wondering if ..."