



CONSCIOUS COMMUNICATION

OBSERVATION

1. What I observe (neutrally, like a video camera. What I see, hear, remember, imagine... free from judgment) that triggers a feeling/reaction in me:

“When I see/hear, etc _____”

FEELINGS

2. How I feel (emotions, sensations rather than thought) in relationship to what I observe:

“I feel _____”

NEEDS

3. What I need (rather than a preference or a specific action) that cause my feelings:

“.....because I need... _____”

REQUESTS

4. Clearly requesting that which would enrich my life without demanding. The concrete actions I would like taken:

“Would you be willing to... _____”