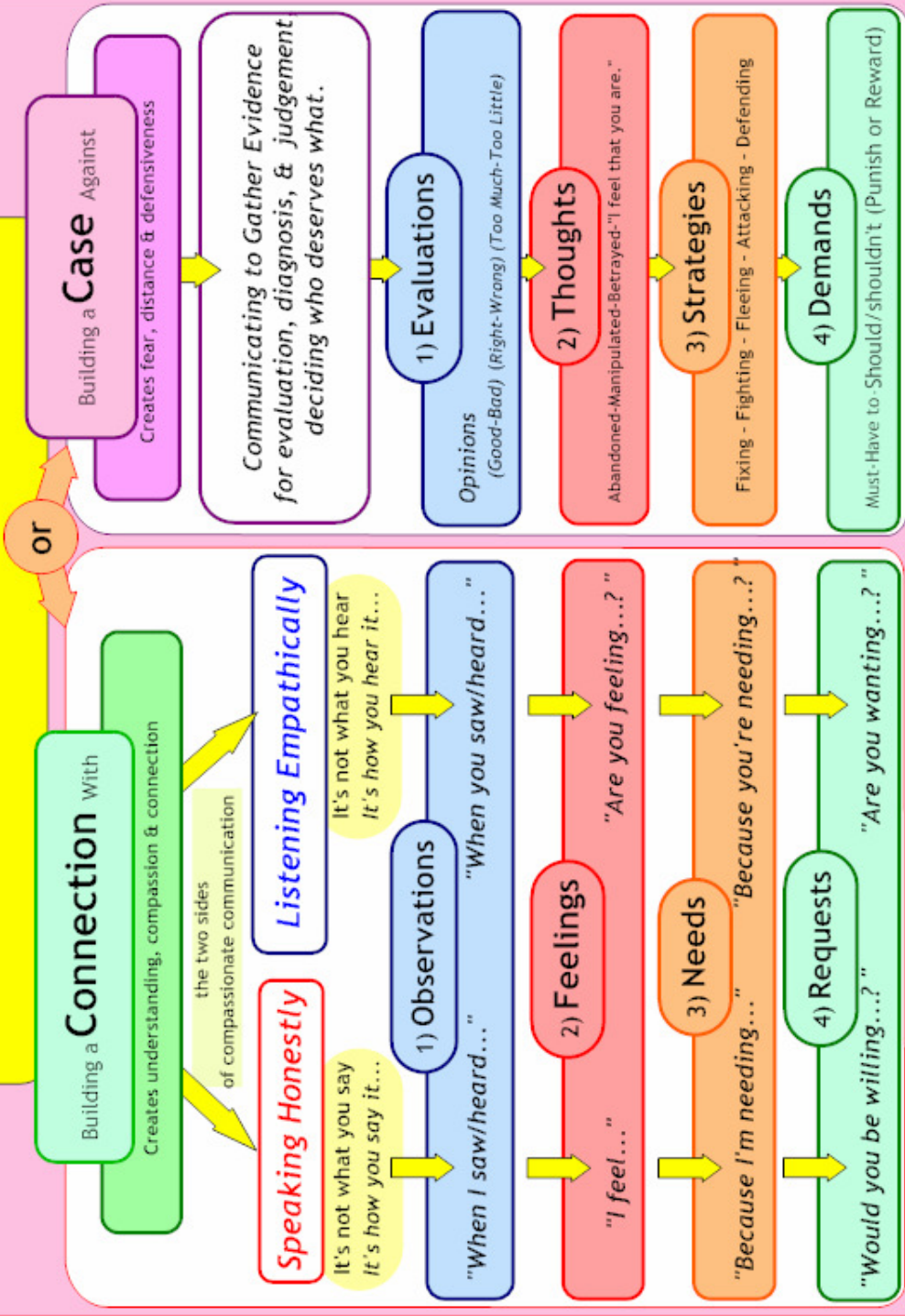


# The Communication Choice



1)

## Observations

"When I came home at 6:00 and the trash was still inside after you told me you would have it out by 4:30, I felt..."

"When you told me you didn't go to the movies and you told Jim you did, I felt..."

"I applied for a job and they called back and want me to come into work on Monday. I feel..."

"When I heard...  
When I saw..."  
"When you said...  
did or didn't do..."

"When you said you would call me by 7:30 and you never did, I felt..."

"When I saw you with another girl and you were holding hands I felt..."

"When I studied really hard for the test and still only got a "C" on my paper I felt..."

"When my father drinks and then raises his voice I feel..."

2)

## Feelings

Are you feeling

**Confused?**

Are you feeling

**Proud?**

Are you feeling

**Embarrassed?**

Are you feeling

**Happy?**

Are you feeling

**Frustrated?**

Are you feeling

**Excited?**

Are you feeling

**Hopeless?**

Are you feeling

**Hurt?**

Are you feeling

**Disappointed?**

Are you feeling

**Cranky?**

Are you feeling

**Worried?**

Are you feeling

**Angry?**

Are you feeling

**Scared?**

Are you feeling

**Sad?**

3)

## Needs

Because you are needing

**Respect?**

Because you are needing

**Trust?**

Because you are needing some

**Acknowledgement?**

Because you are needing

**Honesty?**

Because you are needing some

**Appreciation?**

Because you are needing

**Choice?**

Because you are needing to

**Contribute?**

Because you are needing

**Clarity?**

Because you are needing

**Understanding?**

Because you are needing

**Safety?**

Because you are needing to

**Connect?**

Because you are needing some

**Support?**

Because you are needing

**Empathy?**

Because you are needing

**Information?**

4)

## Requests

"Are you wanting someone to just listen and then feedback what they hear without offering any advice?"

"Would you be willing to tell me what you heard me say?"

"Are you wanting someone to listen and then offer some ideas that might be helpful?"

"Would you be willing to listen and not offer any advice unless I ask for it?"

"Are you wanting me tell you how I feel now that I have heard you?"

"Would you be willing to tell me how you feel about what I said?"

"Are you wanting someone to ...?"  
(fill in a specific action)

"Would you be willing to...?"  
(fill in a specific action)