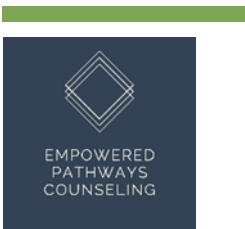


Basic Communication Tool



1) When.....(talk about the situation or specific behavior/action of the other person).

2) I feel.....(be concise if you can be about identifying the emotion(s))

3) I understand that.... (speak to that person's goodness/intentions, and where they may be coming from).

4) At the same time, what I need is/what is important to me is that..... (state the need you have and who should meet that need- self or someone else- or if there is a boundary discussion to be had)

Examples:

1) When you make comments about me eating food or the amount I am eating (etc)

2) I feel/am starting to feel judged and looked down upon, and even objectified a bit

3) I understand that you care about my health and may think that these types of comments are helpful

4) At the same time, what I eat is not your business, and I am going to need you to not make these comments in the future.

1) When you express rage towards me to the point of it being antagonizing

2) I feel uncomfortable, unseen, and mistreated.

3) I understand that you have intense emotions that you would like to process with me, and valid needs that you want to have met

4) At the same time, I am wondering if we can pause for a minute (15, etc) so that we can both deescalate and give this conversation a fair shake so we can work better together

