

Expressing using I statements

When I see, hear, remember, observe you

I'm (insert feeling)_____

Because

I value / I'm wanting (Needs List) _____

Would you be willing to (Request) _____

Listening for understanding

When I see, hear, remember, observe you

Are you (insert feeling)_____

Because

You value / wanting (Needs List) _____

Is this what's going on? (Request for understanding/
connection)