

Expressing Compassionately

1. Identify the observable behavior

When I see / hear / remember / imagine...

2. Express my feelings

I feel...

3. Communicate my need / preference

Because I would have liked...

Because I am needing / hoping / wanting...

4. Make a request in a positive action

Would you be willing to:

tell me what you heard me say?

tell me how you feel about what you heard me say?

tell me if you would be willing to...?

Receiving Compassionately

1. Guess the observable behavior

When you see / hear / remember / imagine...

or

are you reacting to / talking about / referring to...

2. Guess the feelings

Are you feeling / I'm guessing you're feeling...

3. Guess the unmet need / preference

Because you would have liked...

you were needing...

4. Guess what the request might be

So now, are you wanting / would you like me to...