WHAT I NEED TO COMMUNICATE

1. Who is involved? _____

2. What is the issue/conflict?

_____

_____

_____

3. What are my observations - what have I seen, heard, noticed the other person doing with regard to the issue/conflict?

_____

_____

_____

4. What are my thoughts, assumptions, interpretations related to the issue/conflict?

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5. How do I feel?

_____

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6. What do I want/need?

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_____

7. What must I do (Action Plan)?

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