

Get what you want

I really like the way... I noticed how great... I think that's cool..... I like how

Positive



No because... I prefer not ...because... I decided.. Yes I would love to...

Responsive



When I see (behaviour) I feel (feelings) because (effect) request (need)

Confrontive



I would like to have...because... I need...because

Preventive



By expressing your needs



I feel

I feel of value. I feel seen. I feel worthy. I feel acknowledged. I feel important.



I feel

I feel empowered. I feel true to myself. I feel clear and concise. I feel heard.



I feel

I feel validated. I feel considered. I feel heard. I feel like I can speak up for myself.



I feel

I feel heard. I feel considered. I feel of value. I feel important. I feel worthy.