



# COMPASSIONATE COMMUNICATION

**1**

## **I'VE NOTICED....**

Name the situation, pattern or observation, this will help avoid name calling, blaming or shaming.

**2**

## **I FEEL \_\_\_\_\_ BECAUSE**

Be assertive and name your emotion and explain why you feel it.

**3**

## **UNDERSTAND YOUR NEED:**

You do not have to share your need but understanding it will help you to craft your communication.

**4**

## **NAME YOUR REQUEST:**

What would you like to see changed or have understood on a deeper level?

**5**

## **SHARE YOUR HOPE :**

Be vulnerable explain your relational hope: My hope in sharing this with you is ... Or my hope for us is....