



5 Steps To Communicate What Bothers You In A Compassionate Way

1 Observe

Observe the concrete actions that affect your well-being and communicate them:

"When I see/hear/notice...."



2 Feel

Feel - how do you feel in relation to what you observe?

"I feel..."



3 Need

Need - the needs, values, and desires that create your feelings

"...because I need..."



4 Request

Request - the concrete actions you request to enrich your life

"Would you be willing to...?"



5 Empathize



Emptying our mind and listening with our whole being

Listen to what they need rather than what they think