



# Steps to good communication

We often get caught up in hard conversations where what we need to do is be really clear. Here is a way to do that by simply stating these four steps to one another person. Try it, write it out then share with the person you need to communicate with.

What I see: \_\_\_\_\_

What I feel: \_\_\_\_\_

What I need: \_\_\_\_\_

My request: \_\_\_\_\_

Example: "I see you not talking to me. I feel sad about it. I need to understand why you are angry. Can we talk about what happened after dinner please?"

**Write you own here:**