



SELF EXPRESSION



Guidelines for expressing yourself with clarity and compassion

- State what I can see / hear / touch / smell / taste
- Use feeling words rather than evaluations mixed with feelings

- Be clear about my need, this will help make things easier for myself and for the other person to understand what it is that I want and am asking for.

- Make a request – Am I willing to receive a NO from them? If I am attached to the outcome I have requested then perhaps my request is a demand –

Remember there are multiple ways in which we can both get our needs met, perhaps there is another solution that I can not see right now and maybe I need to connect with the other person more deeply first to see what it is that they are needing so that we can find a solution that works for both of us.



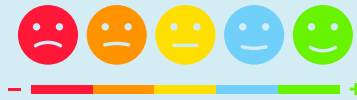
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USE THIS MODEL

WHEN... (describe action)



I FEEL... (Share feeling)



Because I have a NEED for.. (state need) ∞

Would you consider (make a request)

Example:

WHEN... I see you sitting on the sofa now

I FEEL...frustrated and tired

Because I have a NEED for.. rest and
partnership

Would you consider making dinner
tonight whilst I rest for an hour?

Remember: This model takes practice and self compassion!