

Useful phrasing to share your reaction, and check out the other person's intention:

When _____ happened,

I believed it meant _____

and I felt _____

What was your experience?

Ask for what you want, without blaming or making the other person wrong, or getting caught up in the past.

In the future, I would like:

For happier relationships, remember...

- ◆ It is YOUR job to ask for what I want.
- ◆ Don't expect to get exactly what you want – find the compromise you can live with.
- ◆ Try not to turn your wants into needs.
- ◆ Remember the other person's actions are usually more about them than about you.
- ◆ Remember the other person may have a different way of expressing love or appreciation than what makes you feel loved.

If I ask for what I want, and accept what I receive, I will get what I need.