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.

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