

What I Need...

Directions: This worksheet is to help you think through what it is that you need in your present situation.

1. First write out the situation, just the facts.
2. Write what feeling you are experiencing in the situation.
3. Write the feeling that you would like to experience.
4. Write what can help you feel this feeling that you need to feel.

Situation:

I am feeling:

I want to feel:

What I need in this situation:

“I Message” Communication

I feel (clearly state your emotions that you are experiencing) when you (descriptive explanation of behavior of the other person) and I need you to (be clear in the behavior that you prefer) so I am able to (describe what you need here)