

IT'S NOT WHAT YOU SAY, IT'S HOW YOU SAY IT

Tone and nonverbal communication matter just as much as what we say. These questions are designed to help you to connect to what you need, so you can ask for help in ways that other's will be open to hearing.

Describe a situation when you reacted in a way that you didn't feel good about.

What, if anything, did you blame on the other?
(this might sound like "they should" or "she shouldn't")

What did you need in the situation?
Some examples: peace, understanding, mutual respect, compassion, harmony, consideration, safety, etc.

EXPRESSING NEEDS WITHOUT BLAME

Set your intentions:

"I'm responsible for expressing my own needs."

"I want to express myself in a way that will promote connection and understanding."

(Feel free to write your own...)

State: how you feel + what you need **without** blaming others

Ex: "I'm exhausted from my day and I really would love more order in the kitchen."

Next steps:

- Ask: "Do you have ideas about how we can make that happen?"

- Or write out a specific, doable request to get your need(s) met.

Ex: "Would you be willing to collect the clothes and place them in the hamper before dinner?"

EMOTIONAL RESPONSIBILITY

Look at the request you wrote on the previous page.

Does it include judgments, shame, guilt or blame as a way to influence the other's behavior? (if so, revise!)

Is it clear and specific? (if not, give it another try!)

That's it!

If you have any questions or need some support expressing yourself authentically and without blame, shame or guilt, I'm here for you.

Let's talk about it.

A handwritten signature in black ink that reads "Xo — Eileen". The "Xo" is written with a flourish, and "Eileen" is written in a cursive script.

Eileen Fauver is a life coach, a parent educator and a mom. She loves helping open-hearted people feel curious, connected and clear in their parenting and all their iterations.

Schedule your consult today and feel better.