

COMMUNICATE HOW YOU ARE FEELING

START WITH A POSITIVE OPENING

Hey **Name**, do you have a moment to talk?
I really appreciate how supportive you've been, and I wanted to share something with you.

1

STATE YOUR EMOTION CLEARLY

I've been feeling **emotion** lately, and I think it's important to talk about it.

2

DESCRIBE THE SITUATION

When **specific situation** happened, it made me feel **emotion**.

3

EXPLAIN THE IMPACT

This has been affecting me by **describe the impact on your thoughts, behavior, or well-being**.

4

EXPRESS YOUR NEEDS OR REQUESTS

I think it would help if **specific action or change**.

5

INVITE THEIR PERSPECTIVE

"I'd love to hear your thoughts on this.
How do you see it?"

6

END WITH APPRECIATION

"Thank you for listening. It means a lot to me."

7