

Compassionate Communication



Creates a quality of connection that allows everyone's needs to be met compassionately.

Observations ♥ Feelings ♥ Needs ♥ Requests

PROCESS:

- When I... (see and hear)
- I feel...
- Because I need...
- Would you be willing to...

NEEDS:

Choices	Learning
Play & Rest	Connection
Love	Trust
Safety	Fairness
Respect	Order
Understanding	Acceptance

FEELINGS WHEN NEEDS ARE...

MET:

Happy	Excited
Loving	Joyful
Alert	Free
Amazed	Peaceful
Inspired	Quiet
Confident	Relaxed
Hopeful	Thankful
Proud	Satisfied
Playful	Grateful
Creative	Curious
Eager	

UNMET:

Angry	Annoyed
Sad	Ashamed
Tired	Restless
Shy	Lonely
Concerned	Scared
Frustrated	Worried
Confused	Disgusted
Distracted	Bored
Disappointed	Hurt
Embarrassed	Guilty
Disconnected	Nervous
Uncomfortable	