

REQUEST
for
UNDERSTANDING

*“Would you be willing to
tell me what you’re
hearing me say?”*

REQUEST
for
CONNECTION

*“Would you be willing to
tell me what comes up
for you when you hear
me say that?”*

REQUEST for ACTION

*“Would you be willing...
(present, doable action?”*

JUDGING
&
BLAMING

(silent inner process)

CONNECTING
with
MYSELF

(silent inner process)

CLEARLY
EXPRESSING
HOW I AM

“What’s alive in me?”

RECEIVING
w/ EMPATHY
HOW YOU ARE

“What’s alive in you?”

SAYING IT
LIKE IT IS!

*“They deserve it. Look at
what they did!”*

META-LEVEL
TEACHING
SPOT

“Let me explain a bit...”