

A clear expression

Say What You Feel Without Blame | Everyday connection

"I'm frustrated that the plan changed without an update. I need us to agree on a check-in."

Use these prompts for your own preparation. Leave out identifying details you do not need.

The event

My feeling

The practical need

My request or responsibility

My revised sentence

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.