

CRITICAL COMMUNICATION WORK SHEET: (CORE “IMPACT MESSAGE” COMPONENTS IN BOXES)

- **My purpose in talking with you is** (*a mutual goal/a complete vs. compete*)

OPTIONAL:

- **What I do want is...**

- **What I don't want is...**

- **When you** (*action you are giving feedback on-something they can change*)

- **The result is/ I feel / I imagine that** (*own your stories*)

- **I understand that:** (*positive intent/possible reason behind the action / benefit of the doubt*)

- **And, because we both want** (*common goal*)

- **I need/I would like** (*alternative behavior you are requesting; be specific*)

- **Affirm/support him or her as a person:**
- **What can I do to help this happen?**