



Communicating Needs with Care

Relationships & connection • Printable practice

A simple structure for expressing a concern clearly without turning it into a character judgment.

Start with an observation

Describe a specific event that another person could recognize without judging motives or using “always” or “never.”

Own the feeling and name the need

Use the format: “When [event], I felt [emotion]. I need [value, support or boundary].”

Invite a response

Ask: “How did you see it?” Listen first and then discuss a realistic request.

Try it together

1. A recurring situation I want to discuss is...

2. The feeling and need underneath my frustration are...

3. One respectful request I could make is...
