

Initiator

Revealing one's self

Focus On One Issue Only

Before you begin, get clear
on your main concern.
Check your partner's readiness.
Stay on track with this one issue.

Express Your Feelings & Thoughts

Feelings are often complex and can even be
contradictory. Go beyond simply expressing
one feeling. Look for the vulnerability
that may be underneath your initial feeling
...e.g. sadness, fear, jealousy, hurt, guilt, etc.

Reminder to self:

*This is my problem - It's an expression
of who I am - It's about me revealing
myself and being willing to express my
own thoughts & feelings.*

Avoid Blaming, Accusing or Name Calling

Blaming stops you from knowing yourself. You
have a role to play in being heard.
You may wish to acknowledge some
positive aspects of the situation.

Be Open To Self-Discovery

Explore your personal, inner experience.
Keep going deeper into how you feel --
What does this tell you about yourself...
how you respond...how you think and feel?

*Reminder to self: This process is about
my willingness to take a risk to speak or
discover my truth, and about increasing
my ability to tolerate the expression of
our differences.*