

How Does it Make You Feel?



It's easy to get defensive when someone tells you what you're doing wrong.

Think about something that someone has done to you.

Instead of telling them what they did wrong, tell them how it made you feel.

DON'T KNOW HOW TO TELL THEM?

TRY THIS APPROACH:

I FEEL/FELT

WHEN YOU _____

I'D RATHER YOU _____

They may be more likely to listen to you and change their behavior in the future!