

## Recommendations for clearer and more direct communication:

The following suggestions will help to make your communication much clearer and more direct:

- a. stay in the here and now
- b. do not tell historical tales
- c. observe the inner reality of yourself
- d. observe the perceived reality of the other
- e. voice your observation without evaluation
- f. make your feelings explicit
- g. recognize needs your own and the other person's
- h. express your needs
- i. formulate specific requests

Better not to use: blame, put-downs, name calling, comparisons, judgements

**NB**: An **observation** (I see, I hear, I smell, I notice through touch, I sense) (eg: 'I notice more warmth on your upper back than on your lower back') Is different from an **interpretation** / evaluation that you make (eg: 'you're not really connected to your lower back').

**NB**: A **feeling** (I feel angry, I feel sad, I feel hungry, I'm irritated) is different from a **thought** eq:

- 'I feel that you are angry' -> really means 'I think that you are angry' (is a thought)
- 'I feel as if I'm talking to a void' -> really means 'I think I'm talking to a void' etc (is a thought)
- I feel that / like / as if / Jimmy, I, you, he, she, it etc.-> precede a thought
- I feel unimportant / neglected / abandoned / abused / manipulated / misunderstood / unseen / unheard etc -> are thoughts about how we imagine others are treating us
- The feeling might be: I feel sad / upset / unclear

## Responses to a negative message can be:

- 1. to blame ourselves
- 2. to blame the other

## it would be better:

- 3. to sense our own feelings and needs and express them appropriately
- 4. to sense and listen to the other person's feelings and needs

**NB:** When you connect with your feelings and your needs and express those, it paves the way for direct requests and clearer communication.

(Combined from Gestalt and Non-Violent Communication ideas)