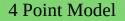
## Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there.

Rumi



- $\cdot$  Observation
- · Feelings
- · Needs
- · Request



When I see

4 Point Model

I am feeling \_\_\_\_

because I am needing \_\_\_\_

Would it be possible \_\_\_\_?

Observation

Feelings

Needs

Request



## **Observation vs Perception**

Some words that are confused as feelings but are perceptions

I am feeling criticized I am feeling ignored I am feeling misunderstood I am feeling put down I am feeling betrayed

When I see that you come home late	Observation
I am feeling frustrated	Feelings
because I am needing connection	Needs
Would it be possible for us to spend more time together	Request



## When I see the computer left on the floor

I am feeling annoyed

because I have a need for care

Would it be possible to store the computer safely after you've used it?

Observation

Feelings

Needs

Request

When you see

4 Point Model

are you feeling \_\_\_\_\_

because you are needing

Would you like \_\_\_\_\_?

Observation

Feelings

Needs

Request

