


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

**Rumi**

- 
- Observation
  - Feelings
  - Needs
  - Request

When I see \_\_\_\_\_

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

Observation

**I am feeling** annoyed

Feelings

**because I have a need for** care

Needs

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

Request



When you see \_\_\_\_\_

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

because you are needing \_\_\_\_\_

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

Observation

Feelings

Needs

Request

