



Harmony with Integrity ©

I Feel: Core feelings: Mad, glad, sad, fear, and shame. 'I feel' is NEVER followed by 'that' or by 'you'.

I Think: Judgment statements. My opinions, beliefs, diagnoses, guesses about others' feelings or motives.

My Values: What I care about, strive to be, wish I were. These are entirely subjective and personal -- two people can see the same thing and interpret it differently because their values are different.

My Shadow: What I do not want to see, or cannot see in this situation, things I do not want you to know about me. Patterns of behavior that have not served me that apply to this situation.

The Data: The facts, as I see them, which provide the basic context. The facts help witnesses understand what I'm talking about but have little importance to my clearing.

My Request: Tactical in nature, effective requests are measurable (how much, by when) and positive (do this rather than stop doing that). Requests are paths to fulfilling needs. They can be accepted, rejected, or discussed (e.g. "That won't work for me, but this might.")

I Sense: These are my bodily sensations, such as a tight chest, constricted throat, elevated heartbeat, sweating, flushed face.

I Need: These are basic needs, and they must be met for me to be clear of any conflict. They are largely the same in all of us, but our Values affect their relative importance to us and how they become satisfied.

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