

# *free soul*



## CONSCIOUS COMMUNICATION

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## THE WHOLE MESSAGE MODEL

When you (do, say, act, behave) the following: ...

I imagine / I think the following: ...

and I feel ...

What I need / What I want / How I would like to feel - is ....  
(your wants and needs in a larger context)

My request is ...  
(a simple statement about what would help you in the situation)

# CONSCIOUS DIALOGUE SUMMARY

Speaker  
Delivers Conscious Messages:

Listener  
Consciously responds with:

## **Making “I Statements”**

I think, I feel, I believe, I want,

## **Using whole messages** (as above)

When you did...  
I believed...  
And I felt...  
What I need or request is...

## **Mirroring**

What I hear you say is...  
Did I understand that correctly?...  
Is there more about that?

## **Validating**

That makes sense to me because...  
I can understand that...

## **Empathizing**

Given that, I imagine you must feel...  
Is that some of what you are feeling?  
Do you have any other feelings?

# Unhelpful Habits

(for both Sides)

## What to avoid and how to respond when it's used

### AVOID

### USE INSTEAD

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#### General “you statements”

You always...

You never...

When you do this..., I feel...

Realigning question: When exactly did I...?

#### Rules

You must...

You can't...

You shouldn't...

What I need or request is...

Realigning question: What happens if /when I do...

#### Non specific “you statements”

You hurt me!

You upset me!

You are mean!

When you do this.., I feel...

Realigning question: How specifically did I...?

#### Reducing with “but”

I agree, but...

I know, but...

I understand, but...

Validate first: That makes sense  
as I understand you, because...

Use “and” instead

Interject with: “You said the “BUT” word!!!!”