

# IMPROVING MY RELATIONSHIP WITH OTHERS WHO CARE ABOUT ME

## COMMUNICATE

### What you think, How you feel, and What can help

- Describe: When you \_\_\_\_\_
- Explain: I feel \_\_\_\_\_
- Specify: If you would do \_\_\_\_\_ instead
- Consequence: I will feel \_\_\_\_\_

### Here is an example

- Describe: When you tell me I cannot eat kueh
- Explain: It makes me feel like I don't know my limits and I feel like eating more kueh
- Specify: If you would ask me how much kueh might be healthy or when might be a better time to eat it
- Consequence: I would feel that you care and are supporting me

