

# Communication Template

**When you** \_\_\_\_\_ ,  
specific, observable behaviors

**I feel** \_\_\_\_\_ .  
core feelings

**Because what I make up/ it seems to me/  
I begin to believe that you** \_\_\_\_\_ .  
be specific as possible

**And what I need/want/long for in my life is**  
\_\_\_\_\_  
be specific as possible

**What this triggers in me/reminds me of is**  
\_\_\_\_\_  
history

**Therefore, my request is** \_\_\_\_\_ .  
specific, observable behavior