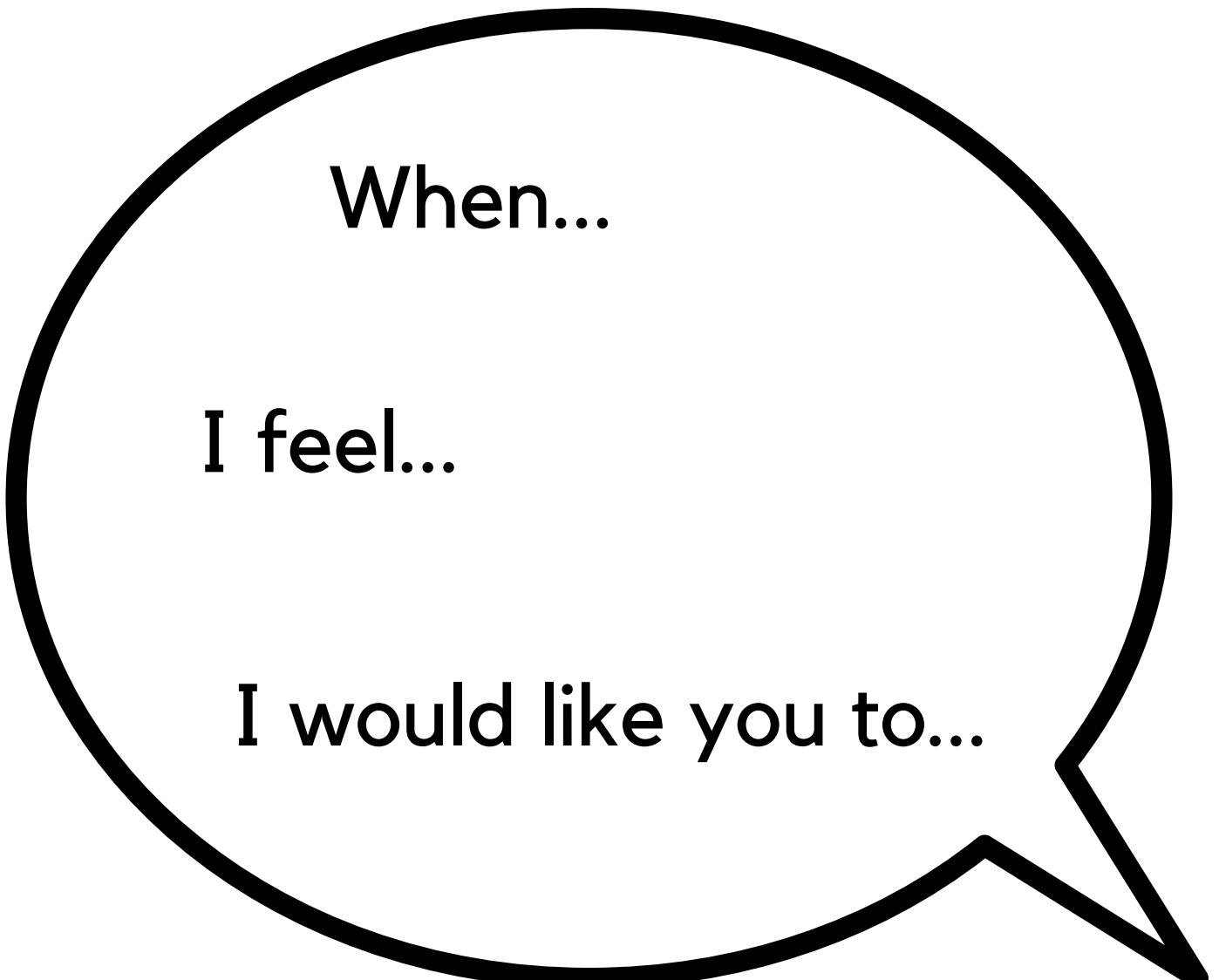


I statements



When...

I feel...

I would like you to...

Tell someone what you **need**
without upsetting them.

Be assertive