

Affective Communication: Sentence Frame

Observation, Feeling, Need, and Request

I notice	_____.	Make a factual observation (free from judgement) about what is happening.
I feel	_____.	Name the feeling or emotion. <i>Consult a list for ideas.</i> *Note: Respect is a need, not an emotion.
I need	_____.	Express the met or unmet need . <i>Consult a list for ideas.</i> *Note: Respect is a need.
Would you consider...	_____?	Make a specific request that would help you and/or the class.

Sample Sentence:

I **notice** you were talking while I was giving instructions.

I **feel** frustrated because

I **need** to be heard and understood.

Would you consider **waiting to share your thought** until after I have finished speaking?