

DEEPENED COMMUNICATION

– needs, behaviour and initiatives. Deepen your contemplation from the Reaction pattern.

Observation of myself Facts Emotions Thoughts Identity	Needs – causing the reaction	Behaviour following the needs	Initiative What initiatives did you take? What initiatives did you not take?	Result How were your expectations met?
Observation of the other Facts Emotions Thoughts Identity	Needs - causing the reaction	Behaviour following the needs	Initiative What initiatives did the other person take?	Result How were his/her expectation met?