

CONNECT

Processing with self. *Communicating with others.*

Clarity inside. Connection outside.

When we process our experience, we move from reaction to choice. When we communicate from clarity, we build connection instead of conflict. **One formula, used twice: first inside, then out loud.**

THE FORMULA	INSIDE · PROCESS WITH SELF	OUT LOUD · COMMUNICATE WITH OTHERS
When I _ _ _ _	What I notice with my senses. Facts, not stories.	"When I hear the dishes clanking..."
I think _ _ _ _	The story my mind is telling me. A thought, not fact.	"I think you're angry with me."
I feel _ _ _ _	The emotion in my body. My feelings are valid.	"I feel anxious and overwhelmed."
I want/need _ _ _ _	What matters to me right now. A want or a need.	"I need reassurance and some calm."
I will _ _ _ _	What I choose to do. My responsibility.	"I will take a few deep breaths and give myself a minute."
Will you _ _ _ _	What I'm asking of you (if anything). Their choice.	"Will you let me know what's going on?"

WHEN I

Stick to what you actually observe. Leave out the interpretations.

I THINK · I FEEL

Notice the difference between thoughts (stories) and feelings (emotions). All feelings are information.

I WANT/NEED

Needs are not demands. They are part of being human.

I WILL · WILL YOU

You can only control your own actions. Requests invite. They don't force or fix.

Clarity is self-respect. Communication is connection.

- You are allowed to take up space. You are allowed to have needs.
- You are allowed to ask for what helps. You are allowed to change your mind.
- This isn't about being perfect. It's about getting clear. Grounded in facts, it invites connection instead of defensiveness.