

4 PART STATEMENT (ALWAYS AN "I" STATEMENT)

- Good to use when emotionally dysregulated or broaching a sensitive topic
- Ask the person if they are willing to listen
- Remember LOVE!!

Either Love of self – that I am willing to act healthy or That I Love the other person

Action Steps

1. Observable Facts (what I saw or heard)
2. What I made up about it
(the story I make up about it, due to my history)
3. What I feel (I feel sad, etc.)
4. What I would like in the future
 - Let go of the results
Acceptance – I have acted and done what I can in a healthy way. I will let it go.