

Clean Talk

Created By Shadow Work Seminars, Inc.

I think... My memory is...

State your assessment or judgment.

This is not necessarily the truth about anything; it is merely what you find yourself thinking.

Use the appropriate word to indicate the strength of your commitment to the assessment, like, "I firmly believe..." or "It's my opinion that..." or "It's my fantasy that..." or "It's my story that..."

No fair stating your assessment or judgment as a fact.

No fair "loading up" on multiple assessments. State the data, and a want and a feeling for each assessment.

I want... I would like...

State what you want from the other person.

Include what you want for yourself.

The more your want is measurable and specific, the better chance you have of getting it.

State your want in the positive, not the negative. No fair saying, "I don't want..." or "I want you to stop, quit, or be free of..."

No fair saying "I need" instead of "I want."

No fair saying "We, You, or One" instead of "I."

No fair saying "I have to..."

No fair saying "I want you to know..." unless you state what you would get out of their knowing.

When... When you...

State the data on which you base your assessments.

State it objectively, like a video recorder.

Whenever possible, use their exact words.

Be sure you have agreement on the data, or else limit the conversation to whatever data you can both agree on.

I feel... My emotion is...

State your emotion.

Use a real feeling word, like Sad, Angry, Afraid, Happy or Shame.

Remember that "-ed" points the finger, so avoid passive voice words like "abandoned," "hurt" or "betrayed." If you want to use these words, use them as assessments, not feelings.

No fair saying "you make me..."

No fair saying, "I'm a little sad, and a little afraid, and a little..."

Allow the conversation to slow down and drop to a deeper level.