


The Five Messages Worksheet for Listening and Dialogue

<i>Elements of your experiencing:</i>	<i>Helping you know how completely I have understood the experience you are sharing – past or present – by listening for five different “I-messages”</i>	<i>Time</i>
1. What actions, events and/or sensations are you seeing, hearing, doing, remembering or otherwise sensing? (the facts without evaluation)	So, as you (or when you) see (hear, remember, take action about) ...	
2. What basic emotions am I feeling (glad, sad, mad, delighted, frustrated, proud, sorry, ashamed, grateful, etc.) about those actions/events?	... you feel (or felt) ...	
3. What interpretations, evaluations, wants, hopes, needs and/or dreams of mine help to evoke and support my feelings?	... because you ... (need, want, hope for)	
4. What action, information, discussion, help or commitment do you want, would you like, and/or do you want to request, now?	... and now you want (want to request)... [Something doable]	
5. What positive results or personal fulfillment do you envision that action, discussion, information or commitment leading to?	...so that you can... so that we can... in order for you/us to...	
		