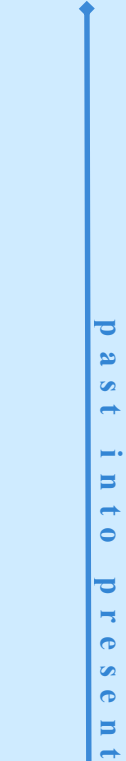


The Five Messages Worksheet for Self-Expression and Self-Inquiry

<i>Elements of my experiencing:</i>	<i>Helping people understand me better by expressing the various elements of my experience – past or present -- using five different “I-messages”</i>	<i>Time</i>
1. What actions, events and/or sensations am I seeing, hearing, doing, remembering or otherwise sensing? (the facts without evaluation)	As I (or when I) 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?	... I feel (or felt) ...	
3. What interpretations, evaluations, wants, hopes, needs and/or dreams of mine help to evoke and support my feelings?	... because I ...	
4. What action, information, discussion, help or commitment do I want, would I like, and/or do I want to request, now?	... and now I want (want to request)... [Something doable]	
5. What positive results or personal fulfillment do I envision that action, discussion, information or commitment leading to?	...so that I can... so that we can... in order for me/us to...	
		