

HOW TO REQUEST SUPPORT

Start with self-empathy

WHAT AM I FEELING?

WHAT DO I NEED? (this can include time to process with someone not involved in the situation)

WHAT'S MY MOST NEUTRAL OBSERVATION ABOUT THE SITUATION. EX:
I NOTICED WHEN THE DOG GROWLED...

WHAT REQUEST DO I WANT TO MAKE OF MYSELF OR SOMEONE ELSE?

**AM I OPEN TO NEGOTIATION AROUND THIS REQUEST? IF NOT, I AM
LIKELY NOT READY TO MAKE IT.**