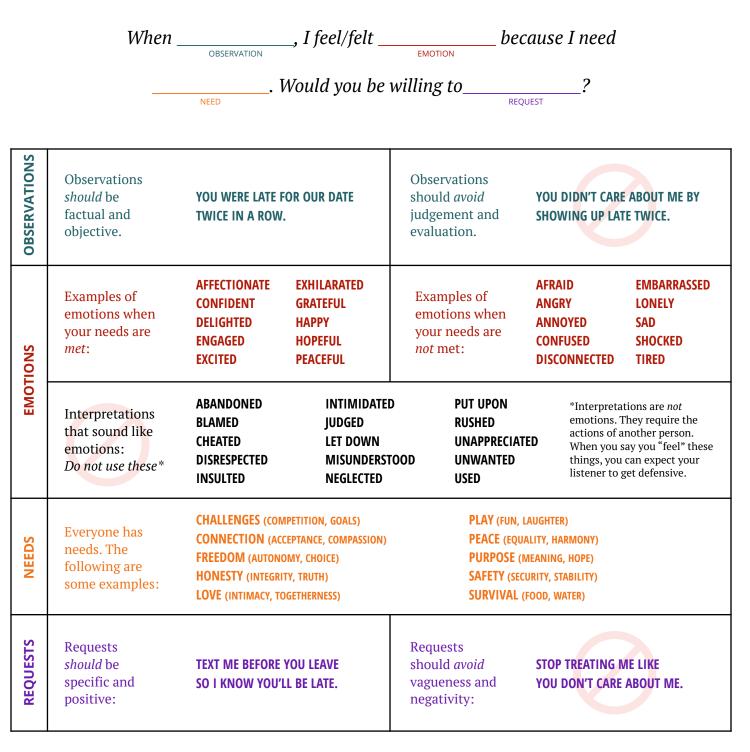
Compassionate communication

When we feel that someone else has hurt or taken advantage of us somehow, our feelings about the event often burst through as attacks. Compassionate communication (Rosenberg, 1972) offers an easy template to express yourself without belittling someone else.



"When you were late for our date twice in a row, I felt angry because I need respect. Would you be willing to text me before you leave so I know you'll be late?"