

THE FIVE DIMENSIONS OF COMMUNICATION

This method of doing “I Statements” was developed by Dennis Rivers and is found in his on-line material on communication skills.

Super “I” messages:

- What are you seeing, hearing, sensing?
- What are you feeling?
- What wants do you have? What interpretations support those feelings?
- What action, information or commitment do you want to request now?
- What will that lead to in the future?

Try it!

1. When I saw/heard...	
2. I felt...	
3. because I...(need, want, interpret, associate, etc.)	
4. and now I want (then I wanted)...	
5. so that (in order to)...	