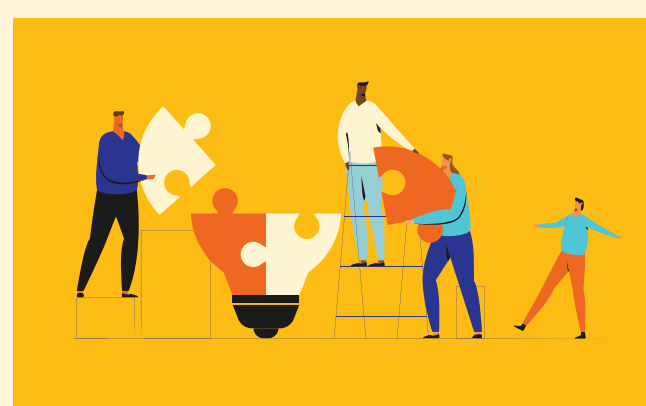


Tools to better understand each other and cultivate harmony



Day 10

Your challenge today

Reformulate these statements using peaceful communication to see how you can address members of your family.

I say how I feel - I say why I feel this way - I say what I would like

Example:

You always want to impose your way of doing things on me. Stop telling me what to do all the time!

I feel frustrated because sometimes I want to do things my way. I would like you to please let me try to do things the way I want to this time.

Over to you!

You never help me around the house. Your things are everywhere!

I feel _____ Because _____ I would like _____

You have to stop contradicting me. I'm right too sometimes!

I feel _____ Because _____ I would like _____

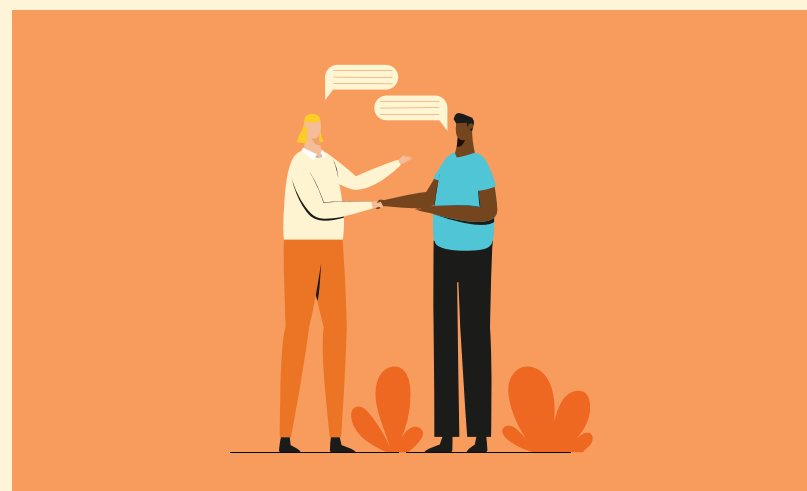
You never understand anything I tell you!

I feel _____ Because _____ I would like _____

Psst! Try suggesting this exercise to your family and friends!

[Click here to print](#)

[Click here for sample answers](#)



Still not quite comfortable with peaceful communication?! Don't panic, tomorrow we'll help you identify what to communicate to the other!

About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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