

OFNR

COMMUNICATION PROMPT SHEET



= OBSERVATION

What happened? (Stick to the facts, not judgments)

- "When I noticed you didn't respond to my message..."
- "When we were hanging out and the topic changed..."



= FEELING

What emotion did it bring up in you?

- "...I felt left out / nervous / frustrated / confused."
- "...I noticed myself starting to feel anxious and shut down."



= NEED

What value or unmet need was under the emotion?

- "...because I really value feeling included / respected / understood."
- "...because I need some predictability / trust / kindness when we talk."



= REQUEST

What could help?

- "Would you be open to checking in with me next time that happens?"
- "Could we try pausing and coming back when we're both calm?"
- "Would you be okay saying what you're feeling instead of walking away?"



YOU CAN USE OFNR TO SPEAK YOUR TRUTH WITH KINDNESS AND STRENGTH—EVEN WHEN IT'S HARD.

