3.3.1 DISCOVERING ACTIVITY

When are YOU sometimes like a pot of water?

- frustration
- joy
- jealousy
- shame
- sadness
- anger
- fear
- excitement
What, When, Why, and How Messages...

- help speakers share their thoughts and emotions honestly.
- show respect for everyone’s feelings.
- do not blame another person for causing someone else’s feelings.
- discuss another person’s behavior respectfully without name calling.
- offer a way to improve a situation.

• What—Name the feeling. *I feel*
  __________________________

• When—Explain what behavior is bothering you. *When you*
  __________________________

• Why—Describe why you are feeling this way. *Because I*
  __________________________

• How (optional)—State how you would like the other person to behave that will better meet your needs. *I wish/I want/It will help if*
  __________________________