

3.3

Reflecting

Reflect on what you've learned about What, When, Why, and How Messages in this lesson.

WHAT?

What are the parts of the What, When, Why, and How Message?

Why do you think What, When, Why, and How Messages are helpful to communicate a full range of emotions? Why do you think What, When, Why, and How Messages work to help make a difficult situation better?

SO WHAT?

NOW WHAT?

How do you think using What, When, Why, and How Messages help you improve your self-confidence? How do you think using these messages might help strengthen your friendships?

Applying

How could you explain the parts of What, When, Why, and How Messages to someone who has never heard of them? How do you think each part will help you express your emotions constructively?

What?

When?

Why?

How?