

Requests from deeper needs

Creating connection in freedom

1. Think of a person that you want to make a request of. Write first in classic Giraffe:

1. Observation

2. Feeling

3. Need (without any reference to specific people taking specific action)

4. Request

2. What need of yours would **also** be met, if the person would do as you ask of him/her??

3. How would your life be more wonderful if this need would be met?

4. Which **further** needs of yours would be met, if your life were enriched in this way?

5. How would your life be more wonderful if this need would be met?

6. Now look at your request again..

Are you wanting to make the same request, or is there something you want to change, or would you take a difference action?

Can you express what you want in an image or a metaphor?

7. **Now formulate your new request in daily life language.**