

Making Requests

A Request...

- gets us into the “now”
- contains a do-able action
- asks for a positive action (ie, what I *would* like, not what I *don't* want)
- offers a choice to fulfill it or not (otherwise, it's a demand)

Three Kinds of Requests

I. Connecting Request

“Would you be willing to tell me what you just heard me say?”

“Would you be willing to tell me how you feel about what I just said?”

“Can you tell me what needs of yours will be met by saying ‘yes’ to me?”

II. Action Request

“Would you be willing to do...?”

“Would you be willing to let me know your opinion about this?”

III. Guessing Request

“Would you like me to...?”

“Would you like to hear me...?”

“Would you like me to summarize?”

“Would you like to hear my opinion...?”

“Please *do not* fulfill my request *if* you are doing it...

- out of guilt, shame, fear, duty or obligation,
- because you think you “should,”
- to gain my affection or acceptance,
- because you are afraid of how I’ll react if you don’t.”

“Please *fulfill* my request *only* if ...

- you are giving from the heart...joyfully,
- you are doing it from a need to contribute,
- it meets some other need or value of yours.”