

## Six Stepstones for Making Requests

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### **INTENTION A** **For Honesty**

I want to know what's going on for you

### **REQUEST FOR CONNECTION A**

"Would you be willing to tell me what you are feeling and needing as you hear me say this?"

### **INTENTION B** **For Empathy**

I want to know you heard what's going on for me

### **REQUEST FOR CONNECTION B**

"Would you be willing to tell me what you hear I might be feeling and needing in this moment?"

### **INTENTION C** **For Specific Action**

I want to know if you are willing to perform a particular action

### **REQUEST FOR ACTION**

"Would you be willing to ...?"  
(Use positive, concrete language that invites immediate response.)