

**OBSERVATION**

**FEELING**

**NEED**

**REQUEST**

TEMPLATE 10.2-5: TEMPLATE FOR LAMINATED STRIPS (QUICK ALTERNATIVE METHOD)

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**OBSERVATION**

*“When I see...”*  
*When I hear...”*

**FEELING**

*“I feel...”*

**NEED**

*“because I need  
(or value)...”*

**REQUEST**

*“Would you be  
willing to...”*