

Translating Complaints to Requests Exercise

The complaint: _____

1. What's hard about this *for me*?
2. What assumptions am I making?
3. **Translate this complaint** into as many requests as you can think of. Do NOT worry about whether they are (a) reasonable, or (b) a request you would actually make out loud. Try framing the question as **"What do I want?"** and listing the answers as requests in the categories below.

Requests of the person I am complaining to:

Requests of the person I am complaining about (if different):

Requests of other people (potential allies, friends/co-workers, partners, etc.):

Requests of myself:

Requests of God/the universe:

Re-read the original complaint. What does it feel like in your body to do that?

Re-read the requests. How is that different in your body?

Read over your request again. What actions do you want to take?

When and how do you want to do that? Do you want any support in place before you do? (That would be another request.)