

## **Module 7: iMessages**

### **Inviting the other to collaborate:**

Using the information you gathered in the 3 Perspectives Exercise and in your earlier preparations, create an iMessage to invite the other person to collaborate.

**Step 1** Describe in neutral terms what you are reacting to ...

**Step 2** Explain your feelings without attacking...

**Step 3** Explain your interests and why you feel the way you do...

**Step 4** Ask for help in solving the problem... Invite collaboration.

### **Negotiating the Process (Your Needs in Addressing Conflict)**

1. Take some time to think about what your needs are in addressing conflict. What typically happens for you in conflict, and, if you know, in conflict with the person in your practice case, that makes it hard in the moment? Do you find it difficult to respond because you need time to reflect? Do you worry about being interrupted when you pause to think? Do you get frustrated because they don't respond? Are there communication agreements you need to have in place with the other person in for the conversation to be productive and respectful? List those needs here.
  
2. Create an iMessage (or two or three) to share your needs in ways the other person can hear them. (This is a different iMessage than the one you created to invite the other to negotiate with you on the problem. This one is focussed on sharing with them HOW you negotiate. ie. the communication agreements you might negotiate.)

**Step 1** Describe in neutral terms what you are reacting to (or what you've reacted to in the past)...

**Step 2** Explain your feelings without attacking...

**Step 3** Explain your interests and why you feel the way you do...

**Step 4** Ask for help in solving the problem... Invite collaboration.