

## **HUMBLY EXPRESSING DESIRES – Examples**

### **Blame**

#### **How do I contribute to this dynamic?**

#### **Humbly expressed desire**

“You interrupt too much”

How do my message length and timing affect his ability and desire to listen?

I talk too long which isn't fair. I'll try a stopwatch until I can grow more aware of how long I talk. My desire is to be able to finish my sentence.

“You don't share your struggles with me”

When you do share vulnerably do I try to fix? Give you unsolicited advice? Act like an expert? Get emotional? Make it about me?

It's not inviting to share your heart with me if I give unsolicited advice. My desire is that you'd share your heart and thoughts. I'm committed to growing in this area. Please remind me if I fail.

“You get mad at me for not doing things I didn't know you were counting on me to do”

Have I checked the calendar? Have I monitored the time? Do I keep track of things we've agreed on? Have I made sure we're on the same page about what we've agreed on?

I want to be a good partner in achieving shared goals. At times I've forgotten or been oblivious to what's in front of us. I want to do a better job. My desire is to connect before dinner to confirm tasks, timing and responsibilities for the next day.

“You block my attempts at initiative”

Do I ask if what I'm about to do affects you and if so, check your preferences? Is my timing good? Does this violate a previously agreed-upon time boundary? Does this violate another critical path item? Would communication fix this?

When I have time and energy, I want to have the flexibility to punch some things out that I would find gratifying or that would bring me relief.

## **HUMBLY EXPRESSING DESIRES – Practice**

### **Blame words: Hypothetical examples**

“You play video games too often”

“You expect too much”

### **How do I contribute to this dynamic?**

### **Humbly expressed desire**

### **Blame words I've said to my spouse**

### **How do I contribute to this dynamic?**

### **Humbly expressed desire**

1.

2.

3.