

I am saying this now because I really want you to know and understand . . .

(Matters of the Heart: fear, love, hurt, estrangement, frustration, sadness, hope . . .)

How I remember . . . our relationship . . . in better more loving & connected times:

Terms of endearment and authentic reflections of appreciation from better times . . .

3) What I'm experiencing now . . . how this is for me in our current situation:

Here you will gently and accurately describe two examples of ~ your challenge . . . or your hurt . . . your sadness, fear, frustration. You are leveling with the other about what is true for you as objectively as possible . . . speaking from your heart and emotions. Remember to refrain from intellectual judgments or blame . . . You are simply stating your truth . . . about the matter that is troubling you.

Report an objective and specific situation: Describe a mutually shared event or action / situation that has disturbed you emotionally. This is about something that truly does not work for you. "Right or wrong about this . . . I want you to know just how I am feeling about . . . be very explicit here. This is your chance to risk saying what is difficult to convey. You have likely been unable to express this clearly and non-defensively in the past. Or when you have tried – this proved futile.

Label how you feel emotionally about this state of affairs.

Be careful here. State your core emotion about this! Yes, true earnest emotion!
(Remember — Emotions Best Not Be Argued!)

4) What I hope to see happen . . . between us . . . for you . . . and for me:

Be as explicit as possible here. What do you really, really want from the other person?

5) My Personal Statement of Self-Preservation :: A Dedication to Self Compassion

(Please write this on a separate page. – You will want to state this at an appropriate time)

I want you to know . . . what I am doing to do to take care of myself . . . this is what you can expect me to do from now on . . . I am extended my hope to you . . . and now . . . please hear about my decisions to . . . risk change . . . take care and . . . make use of appropriate help . . . uphold myself . . . and be true to both of us . . .

No matter what you decide to do with this message I want you to know . . . right now . . . is my time for me to stand up . . . take care of myself . . . support my own self-care . . . Rest assured, I have an appointment with life—and my own well being—I intend to keep it!

Remember this statement must not be coercive, manipulative or threatening!

Your preservation sentiments represent a clear and simple statements about your intentions— to support your own peace, sanity, health and personal well being.

Here, you may report the specific actions you are going to take in the interest of upholding your own best interests. **It is important to remember that you are composing this statement, in essence, for yourself! To sustain what is best for you!**