



COMPLAIN

Like a Pro

I NEEDFAR ??



Find the good

Relationships that are characterized by support and encouragement can more easily handle a complaint or request. If you realize your relationship is low in encouragement, increase it especially when you need to ask for something/ complain.



Ask kindly

Framing the complaint or request as something you would appreciate is a soft and respectful way of making a request. Stop and think about HOW you make your request. And add WHAT you appreciate in your mate while making your request.



Request, don't demand

Each partner is an individual with different needs and complaints. Make a direct clear request for something to be different. You may have different needs and have to respect that. Demanding pushes your partner away.

