



**FAIRCARE**  
Inclusion & Self-determination

### Saying it in a constructive way

Change these sentences into calmer, clearer requests.

**1. "Nobody listens to me."**

→ I would like... ☒

.....

eg. "I would like to have more time to explain how I feel."

**2. "I hate this routine."**

→ It would help me if... ☒

.....

**3. "You never ask me."**

→ I would feel better if... ☒

.....



### What is the difference???

