



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... ☒

.....

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What is the difference???