

VISIBLE COMMUNICATION



O
OPEN

OBSERVE

I observed that...
I noticed that...

T
THE

THOUGHTS

I thought...
It makes me think...

F
FRONT

FEELINGS

I feel...
I'm feeling...

D
DOOR

DESIRES

I would like...
What I would like
to see happen is...

4-PART APOLOGY



A
ALL

ACKNOWLEDGE

You're right, I...
Yes, I...

A
ABOUT

APOLOGIZE

I apologize for...
I'm sorry for...

M
MY

MAKE IT RIGHT

What can I do to
make it right?

R
RELATIONSHIPS

RE-COMMIT

I promise to...
Next time I will...