

Compassionate Communication Wheel

This wheel can be used as a tool in several different ways. When working with a conflict, it is useful for identifying what needs are alive for a person, what feelings occur when a need is met or unmet, and what strategies or requests could be made to meet those needs. Conversely, a person could start with identifying a strategy, noticing what they are feeling, and ask what needs are met or not met by that strategy.

