

Becoming an Evocative Coach Practice Guide
Chapter 4: Activity 4

Activity 4.4 Feelings and Needs: Find a friend who will describe for you a hard-to-hear message that s/he either received or delivered lately. It can be either personal or professional.

Feelings:

As you listen to a hard-to-hear story refer to the chart in this chapter titled, Reframing Faux Feelings. Write the words that best capture both the feelings (from Column Two) and the needs (from Column Three) that were expressed.

Needs: