Sample Initiate and Reflect Phrases.

- "<u>I feel hurt because I think</u> that you are rejecting me when you leave a conversation without telling me when you are coming back."
- "<u>I feel</u> angry <u>because I think</u> you deliberately don't take out the garbage to piss me off."
- "<u>I feel sad because I think</u> we are growing apart because we don't communicate often enough."