

Tips for Communicating with Me

Follow the examples in these two tables to fill in each box.

Do This	How Would Someone Do This?	Why Would That Help You?	How Does it Make You Feel When Someone Does This?
Example: Use my name when you want to talk to me.	Start a sentence or instructions by saying, "Milya..."	Sometimes I don't know that people are talking to me because I'm so focused on doing my own thing.	I know that the person really wants to talk to me and values what I have to say.
1.			
2.			
3.			

Don't Do This	How Would Someone Do This?	Why Does That Make it More Difficult for You?	How Does it Make You Feel When Someone Does This?
Example: Use "we" when you mean "you".	Sometimes people say, "We need to do something" when really, they want me to do it.	I don't understand that you want me specifically to do it.	I feel frustrated because I'm not sure what I am supposed to do.

1.			
2.			
3.			