DEMANDS V REQUESTS

"The number one reason people's needs are not met is unclear requests"
Marshall Rosenberg

The only way to be sure it is a request is the response you give when the answer to your request is no.
Requests need to be concrete, doable, & measurable.

Demand	Request
Tidy up your mess	Would you put your toys in the box now?
Show me that you love me	Would you walk with me after dinner and hold my hand?
Do your chores	Please make your bed after breakfast.
Help your mother	Would you scrape the dishes and put them in the dishwasher after dinner?
Tidy up your stuff	Would you hang up your coat, and put your shoes away before you go to bed?
Stop ignoring me	Will you sit with me now and listen while I talk for ten minutes?
It's too loud, turn it down	Would you turn the volume of the music down to no. 3 during dinner?
Stop messing up the place	Would you put away your craft work after you have finished?
Slow Down! You're driving too fast!	Would you slow down to 60 when I'm in the car?
Stop making so much noise!	Would you speak in a whisper while I am talking on the phone?
Behave yourself!	Would you walk beside me while we cross the road?
Stop drumming on the table	Would you hold your hands still for ten minutes while we talk?
Stop running up the hallway	would you walk in the hallway right now?
I want more intimacy	would you tell me how your day was for 5 minutes after work?
Stop yelling at me	Would you speak slower in a soft low voice so that I can hear you?
You should treat me with respect	Will you ask me first before borrowing my car?
Don't ever do that again	Would you check in with me next time before proceeding?