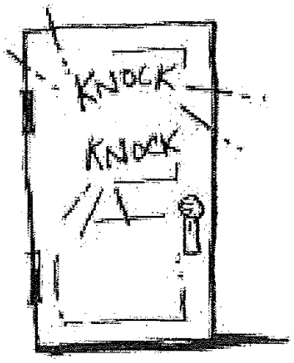
OTFD
OPEn THE FRONT DOOR



Definition

This activity is one which leads to clear and open communication in relationships. It is referred to as 'Open The Front Door' because the first letter of each word stands for a word in the process of communicating.

Observe

"O" is something you observed with your senses that anyone else can observe.

Example: *I saw that you threw your chair across the room.* (Not, I saw you got angry)

Think

"T" is a thought or opinion about what you observed.

Example: *I thought you didn't care.*

Feeling

"F" is a feeling you had about what you observed

Example: *I felt sad, (hurt, angry).*

Desire

"D" is what you want (your desire).

Example: What I want is for us to be friends.