

My wife came home with the groceries.  
I was busy watching TV.

Hi Honey!!! I'm home.

I didn't realize she was struggling with the packages because she didn't say so. Her feelings were hurt that I didn't come out to help, but how was I supposed to know?

Then she used a Direct Statement.

Honey, the bags are heavy. Please help me carry them to the kitchen.

You're welcome!

Thanks!

When my wife come's home from the store, she needs help with the bags.

We talked about it briefly. My wife will try to keep using Direct Statements. I will try to remember to help automatically next time.

Direct Statements help a lot!

Okay, I'll try to remember that.