

From: How the Way We Talk Can Change the Way We Work: Seven Languages for Transformation
by Robert Kegan & Lisa Laskow Lahey

**FROM COMPLAINTS
TO
COMMITMENTS**

*I am committed to the
value or importance
of_____*

**WHAT I AM DOING
OR NOT DOING THAT
DOESN'T SUPPORT
COLUMN 1**

**COMPETING
COMMITMENTS**

*I may also be
committed to...*

BIG ASSUMPTIONS

*I assume that if I do
(or don't) _____
then_____*