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This is the best formula for assertive communication: I feel emotional when you act. What I would prefer is an alternative action. EXAMPLE: I feel ignored when you come home from work and play with the kids before you say hello to me. I'd rather you come home and say hello, and we could talk about our day.

Persistent communication respects both you and your partner and can be studied. Continue reading for the breakdown of how it works. How does assertive communication work? The first part of I feel emotions immediately removes it from aggressive or passive spheres. Statements of me do not humming at others and give voice and ownership to our feelings or perceptions. It's very important. We must take responsibility for our own thoughts and feelings. It is important to understand that not everyone in the world will feel what we feel in response to what has just been said or happened. In the example above, some people may feel relieved that their partner is spending time with their children so they can get started for lunch or a few minutes for themselves. The next part is when you (the action) has to be very specific. What exactly did the person say or what do you respond to? Anything you fill a gap with should be limited to a sentence or two. It has to be objective, something that if 10 people saw or heard it, they would all describe it exactly the same way. In the example above, it is listed in 16 words and takes only a few seconds to say. If 10 more people were watching the situation, they would all see the same thing. The last part of the statement is that what I would like you to do instead is (alternative action). It should also be said in as few words as possible. This part is often left out. Most people are pretty good at identifying a problem or something they don't like, but they don't give another person a clue as to what it's what they would like for them to do instead. Now you can think: Well, isn't that obvious? It may be for you, but not for the other person. Of course, we can only request changes; we can't make other changes. In the example above, what is wanted is listed as a query. Remember that the goal here is to talk to each other. With that in mind, it's time to look at another part of communication - listening. Click here to learn more about listening to the relationship. Sharon S. Bremer, LCSW Licensed Clinical Social Worker Contact us today to organize a meeting and begin your journey to healing, call us today, or fill out a contact form on the right and click Send. We're here to help. Our therapists are trained in IMAGO therapy for couples, Gottman's family therapy and 5 languages of love. Click here to learn more about help for your relationship. Click here to learn more about our personal therapy and family therapy in our office offices McHenry and Lake in the Mountains, IL. The assertive communication formula is one of the first and most key lessons I learned in the life skills group. I've talked about assertive communication before, but I learned recently that it can be used in many more useful and healing ways than telling a friend or how you feel and letting go of the result. Let's prepare it for a minute first and look at the basics of the assertiveness formula. The purpose of the pushiness formula is to tell your truth/stand up for yourself, without guilt, passive-aggressiveness or victim hooded. You should own a statement as your interpretation/perception, because it is your truth, and the other person may have perceived/interpreted the situation in a completely different way. It is imperative that you release the result. You cannot control the actions or thoughts of another person. All you can do is tell them how you feel and let them decide how they want to act. Keep in mind that others are not responsible for our feelings and you are not responsible for them (this does not mean that you should be unkind). For this reason, you should also avoid talking do/made me feel. It may not sit right with you at first, but the truth is that you, and only you, own and control your feelings. You have the power to decide what they are, so no one can make you feel anything. Just repeat, try using I'm a statement and not you to avoid guilt/defensive dynamics. For example, I'm hurting instead of hurting me. I feel ignored, instead of you anyway. I don't agree instead that you're wrong. All that's said, here's the formula: These are the things I learned about using this formula (in chronological order of implementation): Assertive communication is the only way to end the self-perpetuating cycle of passive-aggressive, codependent behavior (more on that here). It's a period: he did it because she did it because he did it because she did it, etc infinity. Don't get sucked into guilt, defense and insults. Just repeat the question, your feelings about it, and what you need until the other person either hears you, or gets tired of arguing with someone who won't argue back. It is important for your inner child/heart/source/all you would like to call is to know that you are taking her feelings seriously and will not dismiss them. You can't control the outcome of what happens after you've expressed your feelings, but just bringing them into the light will make you feel better. Maybe you can let him go after you've said it out loud. Maybe you just get to stop obsessing with what-ifs. Regardless of the result, you can easily knowing that you were true to yourself. You were authentic. When you put your best self out there, great things will start to happen. Sometimes sometimes times) when you tell someone how you perceived the situation, or interpreted their actions, you will find that it was a misunderstanding. Everyone has their own reality. For example, if you tell a woman with psoriasis on her hands to bring a long-sleeved shirt to the lake, she may realize that you are assessing her skin condition or find it disgusting. Meanwhile, you may have thought about what would be cold, or that the sun would be strong/dangerous, or that long sleeves might protect it from mosquitoes. My own thoughts can (and have) turn (ed) a completely innocuous question or comment into a vicious insult and in the past I have allowed these insults to be played to the point of ruining a relationship. Finally, or more recently, since I'm sure there are still lessons to be learned, I realized that going through a formula in my mind makes me call the feeling I feel and the cause, or what caused it, to myself: this is useful, especially in situations where the identity of the perpetrator is not so easy to identify. I spent a lot of time thinking/talking/learning about cognitive distortions, and as it turns out, sometimes my feelings about the situation are based on huge distortions. Take, for example, what happened earlier this week. Once I unraveled the distortion (shame, guilt, all or nothing to think, etc.), I was able to see some positives in the situation and resolve my negative/harmful feelings about it. Don't get me wrong. I didn't make a full 180, and now think that there are useful intentions for every negative or negative seeming interaction, but just as they can't all be good when you get to the bottom, they also don't all have to be bad. I would say that the biggest takeaway for me is that the pushy formula allows you to handle your feelings by lovingly questioning feelings and their sources. After that, if you establish that an assertive conversation is still justified, you already have words ready to go. In a previous blog post, Ten Tips on Assertiveness I gave the background for the importance of being assertive rather than aggressive. The last point is related to the formula of assertiveness, and I am expanding this concept here. By learning this simple method and practicing it regularly, it can become your default, allowing you to hold conversations you can avoid. This way you can improve your performance in your business, community and personal life. And it will help you feel more efficient and happy. How often have you shunned a person because his behavior annoys you? And how often do you talk to a person, but avoid certain topics to talk about, because these topics are emotionally charged (either for you or for the person you're talking to)? And how often said what you want to say ... and had Results? When I'm coaching executives, promoting leadership development or running communication skills training workshops, I often identify the need for people to become more assertive. I show them the formula they practice every day ,developing their talk for different situations) and then apply where appropriate. The results were outstanding. And it's so simple: When you . . . I feel... (take responsibility for your emotions) because..... I would prefer you to..... Here's an example: I was very annoyed that my housekeeper seemed to use a noisy vacuum cleaner when I was on the phone. So I called her and politely said, Sybil, when you use a vacuum cleaner in the hallway and I'm on the phone, I feel very uncomfortable because I don't hear the other person talking. I'd rather have you check if I'm on the phone before turning on the vacuum cleaner. Sybil was very apologetic as she didn't realize that the noise was bothering me. And now, before turning on the vacuum cleaner, she always checks if I'm on the phone. Let's look at each element of the formula and explore in more detail: When you..... This first statement allows you to determine the behavior of the other person that triggers your response. This in itself is therapeutic. I feel..... You recognize and take responsibility for your own emotions. I find that participants in my workshops often automatically turn this statement around you make me feel..... So it takes practice to stop blaming the other person. You have to take full responsibility for what you feel. (No one can challenge what you feel!) Because..... Once you know the cause of your feelings will help you determine the cause. I'd rather have you..... The focus is on the solution. Think about it! How do you want this person to change their behavior? Word prefer takes your statement from command to statement preference. By focusing on the essence of your message, you break the emotions. Standing and practicing it allows you to develop a posture of trust that will help when you get into a real situation. Use this formula regularly and you will get better results. Results. assertive communication formula pdf. xyz formula of assertive communication

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