



## Thousands of Clients In 150 Countries Trust the International Chronic Pain Institute™

We are the only Chronic Pain Organization that Features the Pain Free Living Program Method offering Virtual Services for Healing Chronic Pain, Depression, Anxiety, Trauma, and More.

DEBORA WAYNE  
Founder and CEO  
Pain Release and Energy  
Healing Specialist



### HOW TO HAVE HEALTHY CLEAR COMMUNICATION & DIFFICULT CONVERSATIONS

- Taking Your Power Back
- Getting Your Needs Met
- Being Clear / Being Seen / Being Heard
- Win Win In Relationships
- Saving Relationships
- Gaining Respect / Giving Respect
- Being A Leader
- Emotional Honesty / Emotional Intelligence / Emotional Maturity

#### WHAT'S YOUR COMMUNICATION STYLE?

- Are you being Aggressive? FIGHT - Angry outbursts, rage, fighting, hitting?
- Passive? FLIGHT - Disappear, Go Silent, Withdraw, Check out?
- Passive Aggressive? PRETEND - Just “forget” to do what you promised? Act overly sweet so no one will get mad at you but then burn the dinner ;)
- Make hurtful jabs or sarcasm out of nowhere but say “I was just kidding”; be super nice to someone, but then gossip and spread negativity to others
- Assertive? Follow the formula below and communicate “cleanly” being open, honest, and direct

DISCLAIMER: The information, materials, and attachments contained herein are designed for educational purposes only and may not be reproduced in any manner or format without specific written permission from Debora Wayne, LLC. This information is not designed or intended to provide guarantees of any kind nor to be considered medical advice, medical diagnosis, or medical treatment. Debora Wayne, LLC, The Biofield Healing Institute®, International Chronic Pain Institute™ and any and all associates of Debora Wayne LLC, and/or The Biofield Healing Institute®, International Chronic Pain Institute™ shall not be responsible or liable for any medical, financial, or other claims inferred from these materials. You are solely responsible for continuing with your own medical treatment and care. Any statements have not been evaluated by the Food and Drug Administration. Results are affected by a number of factors over which we have no control.



# Thousands of Clients In 150 Countries Trust the International Chronic Pain Institute™

We are the only Chronic Pain Organization that Features the Pain Free Living Program Method offering Virtual Services for Healing Chronic Pain, Depression, Anxiety, Trauma, and More.

DEBORA WAYNE  
Founder and CEO  
Pain Release and Energy  
Healing Specialist



## HOW TO HAVE HEALTHY CLEAR COMMUNICATION & DIFFICULT CONVERSATIONS

**5 step Assertiveness Formula for asking for what you want and need.**

1. I care about you/us/the relationship/my job very much
2. When \_\_\_\_\_ happens, I feel \_\_\_\_\_  
(it is of utmost importance to state the **FACTS** only here, NOT your interpretation. Facts are things like...When you slam doors, when you forgot to pick our son up from school, when you don't do what you said you would do....etc. **FACTS ONLY** NOT blaming, labels, judgments, name-calling. Only the **FACTS**, the actions that happened and how **YOU** feel. (NOTE: Not how **THEY** made you feel. Just I **FEEL** .....fill in the blank
3. What I want/need is \_\_\_\_\_
4. Would you be willing to support me in this?
5. If not, then (fill in blank with the consequences) \_\_\_\_\_  
(These are the consequences which you **MUST** be 100% committed to following through on. **THIS IS NOT AN ULTIMATUM** done in anger or to punish. These are just the facts that are the result of the requests you are making of the other person. Don't make them if you don't intend to keep them and follow through or the other person will learn your word is no good and you will not resolve the issues

DISCLAIMER: The information, materials, and attachments contained herein are designed for educational purposes only and may not be reproduced in any manner or format without specific written permission from Debora Wayne, LLC. This information is not designed or intended to provide guarantees of any kind nor to be considered medical advice, medical diagnosis, or medical treatment. Debora Wayne, LLC, The Biofield Healing Institute®, International Chronic Pain Institute™ and any and all associates of Debora Wayne LLC, and/or The Biofield Healing Institute®, International Chronic Pain Institute™ shall not be responsible or liable for any medical, financial, or other claims inferred from these materials. You are solely responsible for continuing with your own medical treatment and care. Any statements have not been evaluated by the Food and Drug Administration. Results are affected by a number of factors over which we have no control.