



## 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

### 5 Step Assertiveness Formula

*To ask 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.
3. What I want/need from you is \_\_\_\_\_
4. Would you be willing to do this for me?
5. If not, then \_\_\_\_\_

**(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 simply stating the facts of the consequences that will occur if the other person won't work with you on this).



## KEY POINTS TO REMEMBER:

- **THE MOST IMPORTANT STEP is to ALWAYS** start by saying something like: "I love you so much"....OR, "I care deeply about our relationship." Express in some way that is authentic to you that you CARE.

- **ASK QUESTIONS DON'T MAKE DEMANDS OR ULTIMATUMS:**

**(EXAMPLE):** Would you be willing to listen now to what I'd like to share with you? IF NOT NOW, then when would be a better time for you?

- **If you get a NO** you must respect that. No one has to discuss this with you or do what you want.

- **\*\*\*SUPER IMPORTANT:** You must be 100% prepared to live up to the consequences you set, otherwise your word will not be taken seriously, you'll never take your power back, and it will not "save" your relationship by backing down. Think through your consequences carefully before sharing them.

- IF YOU GET A "YES, I'm willing to listen and talk about this"...

**THANK THEM IMMEDIATELY** for being open and willing.

- Ask them to LISTEN FIRST TO ALL YOU HAVE TO SAY and THEN there will be time for them to share and respond.

- **STATE ONLY THE FACTS:** "When you did x,y,z, (fill in the blank ) **SUPER IMPORTANT:** YOU MUST ONLY STATE THE FACTS NOT YOUR INTERPRETATION. (Example: When you came in the house last night, walked right past me and went straight to the TV set, and didn't even say hello or kiss me, I FELT.....X, Y,Z, (FILL in the blank).

### **DO NOT DO THIS:**

You were such a jerk last night. You came in like a bear, completely ignored me, acted like I don't even exist, made me feel so bad, and were a complete ass. You need to change this!!

**\*\*\* SAYING SOMETHING LIKE THE ABOVE WILL NOT NOW OR EVER WORK. IT WILL GET YOU DIVORCED, FIRED, ALONE.**



- **ASK THE QUESTION:**

I am wondering what was going on with you? What did you mean by your actions? I do not want to misinterpret them, but I was affected by them and need to know because I care about you and I care deeply about us.

- **LET THE OTHER PERSON RESPOND\*\*\***

- **SAY THE WORDS:**

Thank you for telling me. This helps so much! I want us to be happy and able to talk to each other openly.

- **ASK FOR WHAT YOU NEED IN A LOVING WAY**

**EXAMPLE - Use Your OWN words):** In the future if you come home after a long, hard, bad day and you feel awful and don't want to talk, would you please just tell me briefly what's going on so that I can support you and not misunderstand? I know this would help me and our relationship so much. Also, if there is something I can do to help YOU when you are feeling this way/going thru (fill-in-blank), please let me know. Is there? What would be helpful to YOU? How can I support YOU?

...if they make you bad or wrong

...if they say you are imagining things

...if they say nothing

...if they roll their eyes and say something like you are "too sensitive"

You will need to decide if you are willing to continue a relationship with someone who is not willing to communicate with you and who makes you wrong for doing so. If this issue you are bringing up is a "Must Have" for you, then you need to share the consequences that will occur if they are not willing to help resolve this.