

Communicating With Respect



Family Development Resources, Inc.

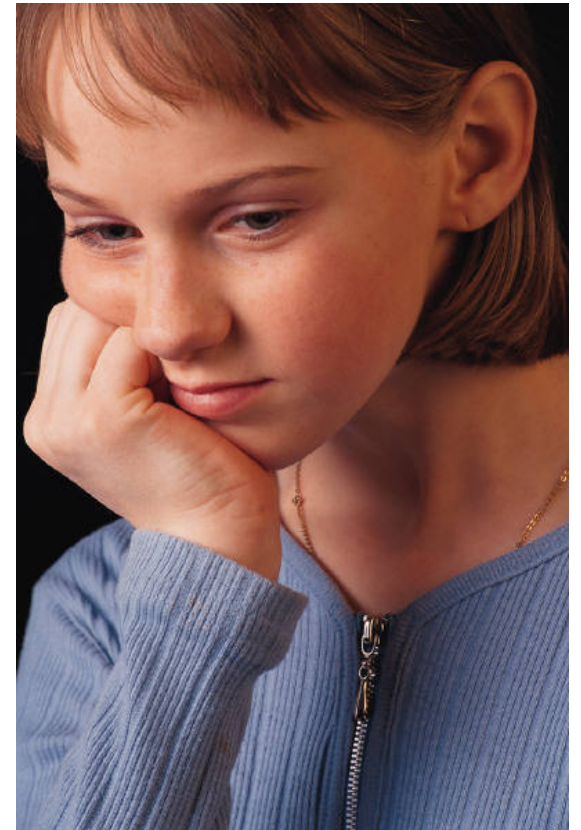
Communicating With Respect

- The key to healthy communication is to communicate your thoughts and feelings to your children in a manner that does not hurt them or cause them to think less of themselves.



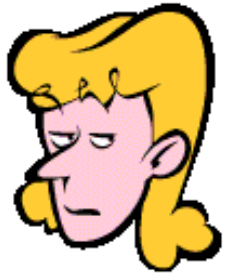
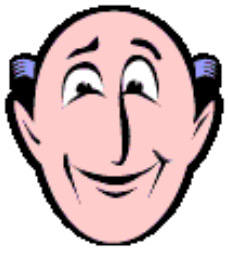
You Make Me This, You Make Me That...

- There is a problem when you begin any communication with “You make me...”
 - “You make me” is blaming.
 - “You make me” is powerlessness.



You Make Me This, You Make Me That...

- Blaming children for the way the parents feel:
 - Shows parents have **less** power and children have **more** power in determining how and what parents feel.
 - Blaming demonstrates incompetence.



You Make Me This, You Make Me That...

- Blaming sends the message you can not handle your own feelings.

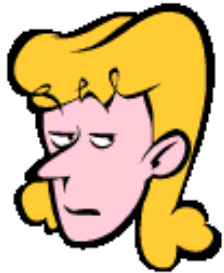
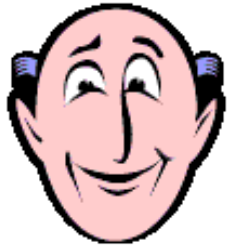


You Make Me This, You Make Me That...

- We are responsible for the way we feel in the same manner we're responsible for our personal hygiene.



Taking Responsibility for Our Feelings



- **I-Statements** are statements about me.
- These expressions focus on:
 - How I feel.
 - What I need.
 - What I think.



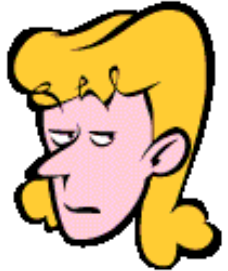
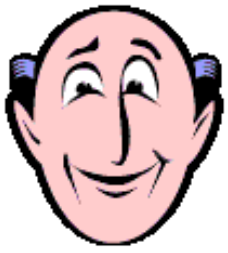
Taking Responsibility for Our Feelings

- **You Messages** are about someone else.
- They are your perceptions of:
 - How someone else feels.
 - What someone else needs.
 - What someone else thinks.



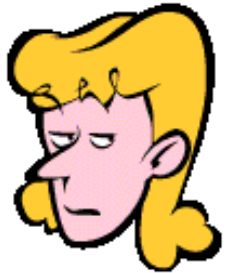
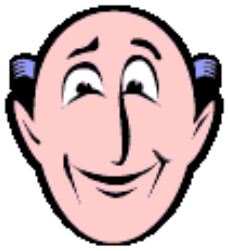
Taking Responsibility for Our Feelings

- The main difference between I-Statements and You Messages centers on ownership.
- When used appropriately, I-Statements convey ownership of feelings, thoughts and needs.



Appropriate Use of I-Statements

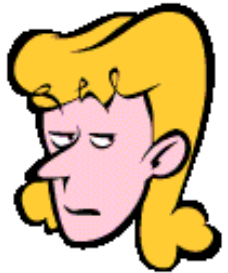
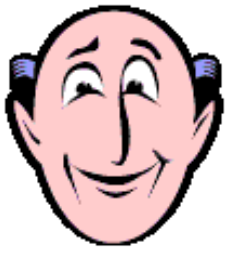
- I-Statements are appropriate when you want to send a message about yourself:
 - “I am angry because the room is not clean.”
 - “I need to spend some time by myself in order to unwind.”



Inappropriate Use of I-Statements

- “I’m so upset at what you’re doing, that I might have a heart attack.”
- “If you don’t do it my way, I will get a headache.”

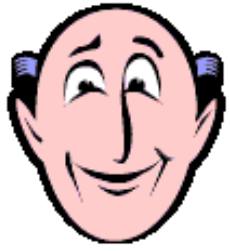
- These statements are manipulative.
- Their intent is to control someone else’s behavior.



Communicating I-Statements

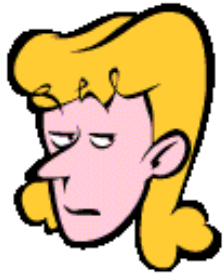
- The following formula is presented as a guide to help us take responsibility for our feelings.





Communicating I-Statements

- **I feel** (describe feeling)
 - **when** (describe exact behavior)
 - **because** (reason for your feeling).
-
- **What I want is** (describe exact behavior).



Appropriate Use of You Messages

- **To Give Choices**

- “Carson, you have a choice. You can clean your room now, or you can clean your room later. However, if your room is not cleaned by 6:00 p.m., you can’t watch TV tonight. It’s your choice.”



Appropriate Use of You Messages

- **To Give Praise**
 - You Messages work well when praising:
 - “You must feel very proud.”
 - “You did that so well.”
 - “I bet you feel really good.”



Appropriate Use of You Messages

- **To Ask Questions**

- Asking questions is a natural and appropriate way of using You Messages:

- “Are you hungry?”
- “Do you like this movie?”



Appropriate Use of You Messages

- **To Gain Clarification**

- When a You Message requests clarification, we are essentially asking, “Are my perceptions right or wrong?”

- “You seem to be really angry.”
- “You don’t seem to like the movie.”
- “You appear sad.”



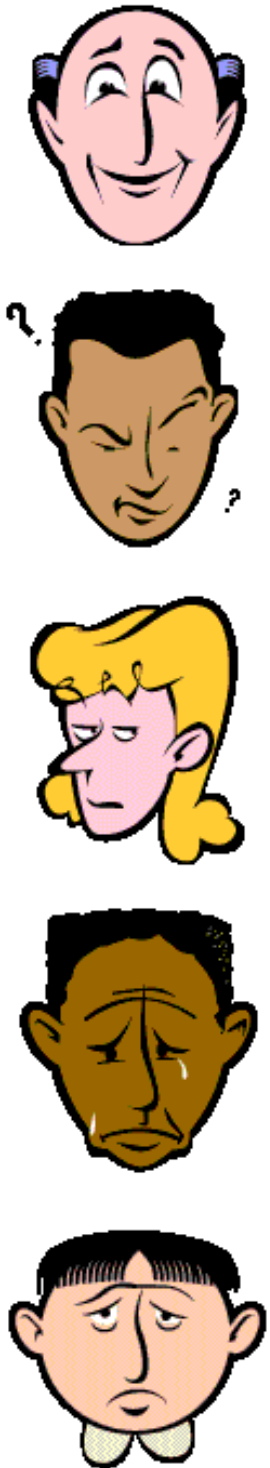
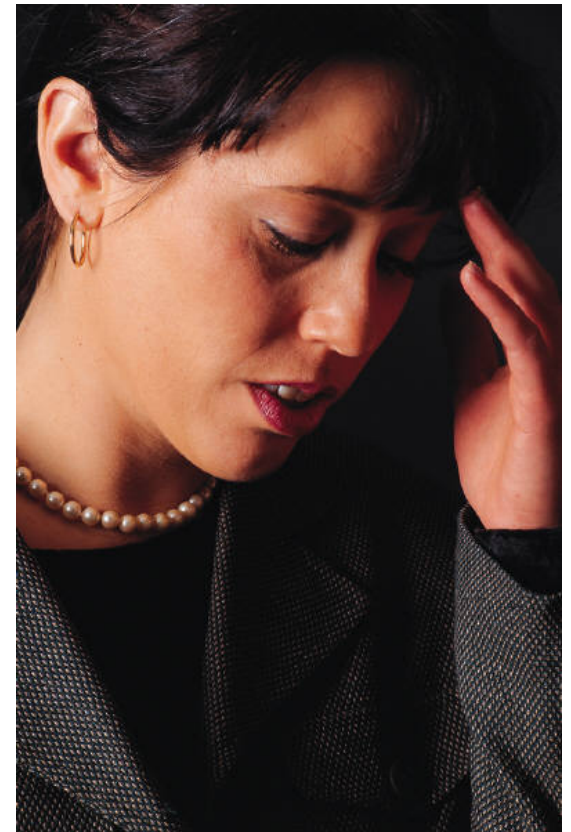
Appropriate Use of You Messages

- **To Reflect Feelings**
 - Reflecting feelings gives children a chance to identify how they might be feeling, or an awareness that they know you understand their feelings.
 - “Maggie, you seem to be feeling very sad.”



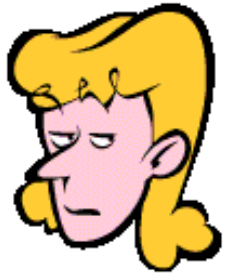
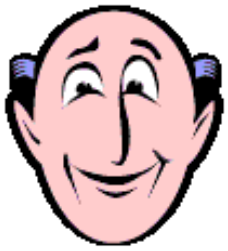
Inappropriate Use of You Messages

- When we have feelings of discomfort, it's often difficult to take full responsibility for the feelings.
- It's easier and much safer to blame someone else for the way we feel.



Inappropriate Use of You Messages

- Statements like:
 - “You made me angry.”
 - “You made me lose control.”are good examples of You Messages that are blaming.
- They are the adult version of the child’s “He made me do it.”



Constructive Communication

- Essentially we have two choices when we have to tell another person something about them that need improvement.
- The first choice is to say what we have to say to the other person ***without regard*** for the other person's feelings.



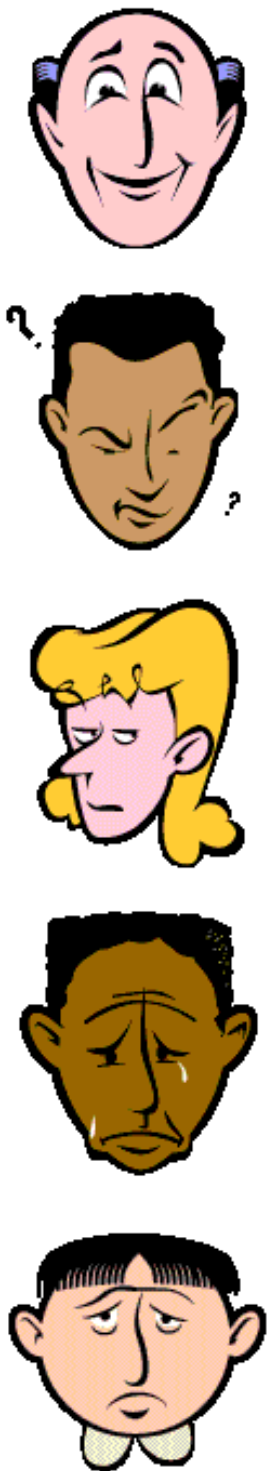
Constructive Communication

- The second choice is to say what we have to say to the other person ***with regard*** for the other person's feelings. This style is referred to as **Confrontation**.



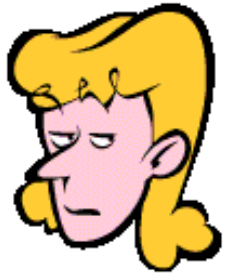
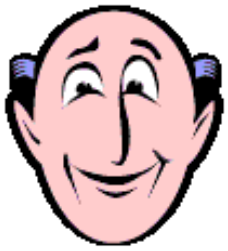
What's wrong with criticizing others?

- Criticism hurts.
- Criticism destroys.
- Criticism blames.
- Criticism closes people up.
- Criticism creates anger in others.



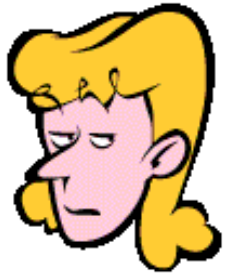
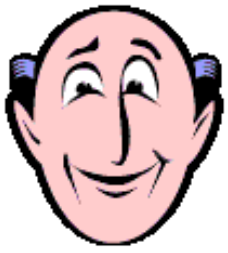
Confrontation: It Feels So Good!

- Confrontation is a process by which you tell your child or anyone else how you feel, or what you need, or want or observe, without tearing them down.
- To confront others is to let them know your thoughts and feelings in a way that communicates respect for them as people.



Confrontation works better than criticism

- Confrontation communicates respect for the other person.
- Confrontation helps people listen.
- Confrontation provides useful information.
- Confrontation generally promotes a friendship.
- Confrontation promotes change.
- Confrontation is based out of respect.



Negotiation and Compromise

- Not always agreeing on things is normal.
- A nurturing family will attempt to work out their differences – not fight over them.



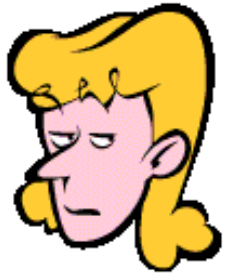
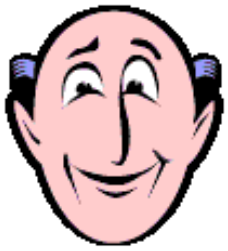
Negotiation and Compromise

- There is no magic formula to getting everyone to agree on everything all the time.
- There is a way of trying to achieve a solution to opposing views.
- This process is called **Negotiation**.



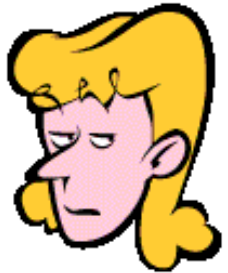
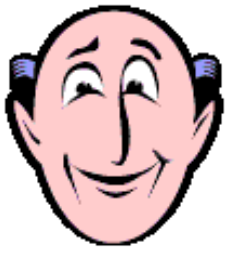
Steps for Negotiation and Compromise

- When asking for something or stating a view, first determine if there is a difference of opinion between you and your child.
- State your views and what you think the views of your children are. Remember to confront and not be critical.



Steps for Negotiation and Compromise

- Ask your child if your impression of the problem and your understanding of their views are accurate.
- Offer a compromise. Be sure to take into account their views, as well as your own.



Compromising Your Values

- Family values are not issues you want to compromise.
- If you compromise what you believe in, ultimately your anger will come through.

