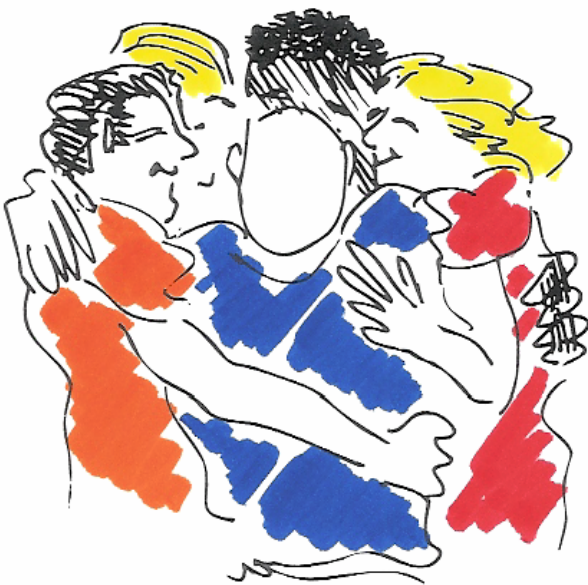


NAME _____

SAY IT STRAIGHT

Training in Straightforward Communication

By
Paula Englander-Golden, Ph.D.
and
David E. Golden, Ph.D.



When I say it straight
I count myself
I count you, and
I count the issue between us

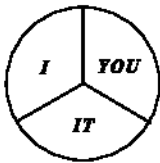
COMMUNICATION: Sending and Receiving Meaning

SAYING IT STRAIGHT

Do you sometimes find yourself in a situation where you can say how you feel, what you think and what you want, even when it is difficult to do so, while respecting the other person's right to say "yes" or "no" to you? What is such a situation? What are some of your thoughts and feelings when you can express yourself honestly while respecting the other person?



What happens to me, to you, to it when we say it straight?



When I say it straight, I count myself, you, and issues in our lives. I can agree with you or do something for you without placating or holding a grudge, give feedback and information without blaming or sounding like a computer, I can take time out to relax and play and come back to work. I can be an effective leader and role model. These are all **nuggets of gold**.

When we say it straight, we have a **bill of rights** and a **bill of responsibilities**. Everyone is important. We can respect each other, even when we disagree. I can tell you what I think and feel, and you can tell me what you think and feel. If we disagree, we can talk it over, resolve it or agree to disagree. **We are people of significance with freedom to talk things over.**

Remember a time you said it straight. If you have never had this experience, imagine what it would be like.

- See your posture, facial expression. Did you make eye contact?
 - Hear the sound of your voice, your words.
 - Remember your breathing, the feelings in your stomach, throat, neck, shoulders, back, chest. How did you feel? What happened to your self-esteem? Did you respect yourself? Did you honor your deepest wishes? Did you trust yourself? What happened to your inner strength, your personal power to take care of yourself, your competence?
 - Did you respect the other person? What happened to your friendship?
 - Did you pay a price when you said it straight?
 - What are some advantages and disadvantages of this behavior?
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