

NAME _____

SAY IT STRAIGHT

Training in Straightforward Communication

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



**When things get tough, the family or any group
often looks like this**



**but when we say it straight, we can still have a
conversation of discovery**



Now that you are familiar with all the communications, do you recognize what sequence of communications you use in a stressful situation? Sometimes we switch from blaming to placating. Sometimes we go from lecturing to blaming and then, to make up, we placate. What is your usual sequence? _____
