

TOOL-NOT-RULE #1 - CHECKING



ME: Checking within myself to see what is going on with me and then saying what is going on within me

ME: Checking how I have been heard

I.e.: Would you tell me what you heard me say?

YOU: Checking what is going on for the other person

I.e.: What's going on in you?

US: Checking what words or actions could be satisfying for both of us?

I.e.: Would you agree to join me now for 15 minutes to find strategies that might work for both of us?

TOOL-NOT-RULE #2 - SELF REFERENCING

Expressing what is true for me, without assuming it is also true for anyone else.
Supports taking personal responsibility and clarity.

I.e. "That sounds scary to me." (Instead of "That sounds scary.")



TOOL-NOT-RULE #3 - TRANSLATING



When we hear something we find hard-to-hear, we can translate from what we might experience as words of attack, blame or criticism.

We can take the message, remembering that the message is always about the messenger: and we could use the word clues to "flip" the message.

I.e. Hearing "You're selfish!" We could 'flip' 'selfish' to generosity, and wonder if the messenger is wanting to be known that generosity is important to them.

We could ask "Do you want it known how important generosity is to you?"