

Cooperation Builders

A. (2) B. C. (2) D.(3) :

Assertiveness Formula (see communication card)

Answer Affirmatively: "Sure you can, right after you finish your homework".

Be Brief or Ultra Brief (Skip the Lecture): "The dog," "Your lunch," "The trash," Or gesture, point, hold up the leash.

Choices: "Would you like to help with the dishes or the vacuuming?" "Would you like to walk the dog now or right after dinner?"

Create a Helping Opportunity: "Why don't you find some ripe tomatoes?" "Can you hand me the wrench?"

Define The Problem: "The light was left on," "The trash is full."

Do It Together: "Why don't we...?" "How about I help you..."

Disengage & Evacuate: Leave the area.

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