

EFFECTIVE ARGUING

EFFECTIVE ARGUING	INEFFECTIVE ARGUING
<p>Goals:</p> <ol style="list-style-type: none"> 1. Both people express their feelings and concerns. 2. Both people understand the others feelings and concerns. 3. The problems are identified. 4. Both people come up with a plan to address these concerns. 	<p>Goals:</p> <ol style="list-style-type: none"> 1. To prove that I'm right and you're wrong. 2. To belittle and hurt the other person. 3. To express what is wrong with the other person and blame them for any problems there are.
<p>Outcomes:</p> <ol style="list-style-type: none"> 1. Both people feel that their feelings and concerns are important to the other person. 2. Both people understand what the other persons concerns and feelings are. 3. The concerns are addressed and a plan for resolving the situation is made. 	<p>Outcomes:</p> <ol style="list-style-type: none"> 1. At least one person feels slighted and hurt. 2. The people succeed at hurting each other. 3. Over time an increase sense of anger and hurt towards the other person.
<p>Techniques:</p> <ol style="list-style-type: none"> 1. Calming down: 2. Self-Examination: <ol style="list-style-type: none"> a. What am I feeling? b. Why am I feeling this way? c. How important is this issue to me? d. Why? 3. Express yourself using "I" messages. <ol style="list-style-type: none"> a. When this happens, I feel _____. 4. Reflection: <ol style="list-style-type: none"> a. Tell the person what you think they told you in your own words. 5. Give the other person a chance to express how they felt about what you said. 6. Identify what the problem is. 7. Focus on the problem. 8. Come up with possible solutions that both people can be happy with. 9. Implement the solutions. 	<p>Techniques:</p> <ol style="list-style-type: none"> 1. Blaming the other person for the problem. 2. Belittling & calling names. 3. Saying thing you know will hurt the other person's feelings. 4. Yelling, screaming, throwing things, storming out. 5. Bringing up a list of all past problems. 6. You messages: <ol style="list-style-type: none"> a. You make me feel _____. b. You always _____. 7. Focusing on the other person not the problem.