

## Crafting Genuine Statements

**Instructions:** Using the previously considered challenging situation, and the work you did to identify your own perspective, craft a genuine statement that includes the three components of genuineness. Review information below to refresh on the definition of genuineness, and ways we block our genuineness if helpful prior to crafting your statement.

**Genuineness** The ability to take *our own* perspective, and *communicate* that to others.

### Genuine statements *do not* sound like

#### Guarding

Protecting ourselves by staying silent, minimizing, or discounting our own experience

*"Never mind, It actually doesn't matter..."*

#### Blame Gaming

Blaming ourselves or others for what has happened, instead of focusing on your experience of the problem

*"It's my fault for overthinking" or, "You're the reason..."*

#### Dictating

Imposing our solutions or orders, oftentimes phrased as "should"

*"You should really have just..."*

**These ways of communicating are what we refer to as...**

### Genuineness Blockers

Statements that shift the attention *away* from you, the person with the problem, and *towards* silence, or judgement of yourself, or the person who may be causing the problem

## Components of a Genuine Statements

1

### Describe the situation, or what is bothering you.

Be sure to describe what the problem is (for you) in this situation

2

### Describe the impact this had/has on you.

Impact can be tangible (struggle concentrating, can't start meeting on time) OR a judgement of the other person, or yourself (it makes it difficult for me to trust you, or, it makes me think you don't respect me)

3

### State the feelings and needs experienced as a result.

Feelings can be shared in one word, it makes me feel "angry, overwhelmed, demoralized...". Consider what you need in order to feel seen, heard, and valued by this person, or repair the relationship

**Put it all together - any order - as though you are speaking to the person it is meant to be shared with**