

HOW TO HAVE FRUITFUL DIALOGUES AND AVOID ARGUMENTS.

First Rule: DO NOT USE “YOU” STATEMENTS” You statements give rise to arguments.

For instance; “YOU always come late!” . “YOU are hopeless”...”YOU cannot be trusted”
”YOU try annoy me”.. “When will YOU learn to keep behave?” etc

**“YOU” STATEMENTS” IMPLICITLY, ARE ALWAYS CONDEMNING,
JUDGMENTAL, PREACHY AND OFFENSIVE.**

Second Rule: DO NOT DISPLAY NEGATIVE BEHAVIOUR: Negative behaviour blocks all communication and kills all dialogue.

For instance: Hard and hurting words, actions, gestures, passive resistance, etc, such as
“Sulking”, “Refusing to talk”, “Withdrawing”, “ Threatening” Etc.

Note: In the approaches mentioned above **(You Statements and NegatiBehavior)**
we do not respect the right others have to defend themselves and to explain and tell us
what did really happened and why they did behave in the way they did.
Straight away we judge them, we condemn them or even passively we attack them
without giving them a fair chance to discharge themselves.

Third Rule; USE ONLY “I” STATEMENTS”

I statements are just honest expressions of our feelings.
I statements open and facilitate dialogue.

For instance, say: “I am feeling let down”.. “I am boiling”.. I am annoyed”.. “I do not like
being treated like that!” etc.

**“I” STATEMENTS ARE NOT CONDEMNING, JUDGMENTAL, PREACHY OR
OFFENSIVE. THEY GIVE OTHERS A CHANCE OF EXPLAINING THEIR
BEHAVIOR, OR TELL US THE REASONS WHY THEY ACTED IN THE WAY
THEY DID.**

**I statements open the way to settle differences by way of dialogue and civil
exchanges. In this way, arguments, misunderstandings, and squabbles are averted.
Since feelings are very personal, by respecting and accepting each others feelings we
learn how to respect and accept others as persons and individuals.**