

ALIGNED

Transformational Program With Rony Reingold

Empowered Conversations

Tips for empowered communicating with others:

1. Practice taking radical responsibility. Use "I" language instead of pointing the finger and using words like "you" or "you make me feel ____". In essence we are always choosing how we feel, so they are not making us feel anything. Instead of pointing the finger, practice saying: "I'm noticing that when this happens, I feel ____". Or, "I thought I felt this way but I realize that I actually feel this way".
2. Be generative in your conversations. State the mutual intended outcome and your goals for the conversation. This will allow you to steer the conversation towards your intention. For example, you can say: "I wanted to talk to you in hopes that we can become closer. Our relationship is really important to me.". Then you can share your feelings within that context and help to generate growth & forward movement in your relationship.
3. Be the pioneer, showing others the way. Don't wait for others to initiate what you wish they would say. Instead, initiate it yourself, stating your desired outcome, your need, etc. Go for the end result, not how to get there. I.e: ask for support and explain what things would have you feel the most supported.
4. Practice asking for what you need. It's your responsibility to voice it so that others know. They can't support you if they aren't aware of what you need.
5. Practicing being totally honest with yourself and others, really sharing what is completely true for you. I.e: "I realize that I get triggered when this happens and it's so uncomfortable for me.". Or, if someone asks how you are, answer honestly instead of just saying "good" or "fine".