

## ***Predict Outcomes (Secondary)***

The way we communicate with others is a choice, and the communication type we use affects the outcome of a situation. We can choose to communicate passively, assertively, or aggressively in any situation. When you stop to think about how the type of communication you choose will affect the outcome, you are ***predicting outcomes***.

Let's say you really need help with your algebra homework. You can choose to react passively and avoid asking for help. The outcome will likely be that you have to redo all of the problems and get further behind in algebra. You can also choose to communicate assertively by raising your hand and politely asking your teacher to help you after she finishes helping your classmate. You can choose to react aggressively by rolling your eyes and complaining loudly about disliking algebra. The outcome will probably be that your teacher gets upset with you for disturbing the class.

I used the strategy ***predict outcomes*** when I forgot to do my English homework. We were supposed to write a poem using metaphors, but I got home late from basketball practice and just forgot to do it. The poem was a major part of my grade, and I needed to do well on it. I needed to choose a way to communicate that would ensure I didn't lose all the points for the assignment. I thought about communicating passively and just not turning anything in. When my teacher realized I hadn't turned anything in, I would probably fail the assignment. I considered communicating assertively by asking for more time. If I asked nicely, my teacher might let me turn the poem in late. I could have chosen to communicate aggressively, blaming the basketball coach for keeping us late at practice or blaming the teacher for not giving us enough time to complete the assignment. The result would probably be that both my coach and teacher would be upset with me. I chose to communicate assertively by saying to my teacher, "I know you asked us to turn our poems in today, but I forgot to write mine. I'm worried about failing the assignment. I realize that I may lose a few points for completing the assignment late, but could I please have an extra day to complete it?"

When you predict outcomes, you stop and think about what could happen if you used passive, assertive, or aggressive communication, and you decide which type is best for the situation. You can use the strategy ***predict outcomes*** to choose the type of communication you should use to get the outcome you prefer.