

Speak My Mind and Be Kind (Secondary)

Have you ever needed help but were too worried about what someone would think of you for asking? Or maybe you wanted something so badly that you forgot to think about another person's feelings.

You can use the strategy ***speak my mind and be kind*** to help you communicate your wants and needs respectfully. Speaking your mind means sharing your thoughts and opinions while being kind to the other person.

When you need to share your thoughts or ideas, use a three-part assertive statement. First, ***show empathy*** by letting the other person know you are considering their feelings and reasoning. Next, use the strategy ***voice my feelings*** to describe your feelings and the reason you feel that way. Then, ***speak your mind and be kind*** by clearly explaining what you want to happen.

I used an assertive statement when I needed to tell my friend how I felt after not being invited to hang out with her on Saturday night. When I asked her what she was doing on Saturday, she said she had invited some people over to watch movies. Her mom had told her she could only invite three people. Since my friend had already invited three people, I couldn't come over.

I wanted to yell at her for leaving me out, but I knew it would just make things worse. I decided to use an assertive statement to ***speak my mind and be kind***. I started by ***showing empathy*** for my friend and thinking about why she didn't invite me. She had class with the other girls she invited, and she knew that I didn't really like watching movies.

Next, I needed to ***voice my feelings***. I thought about how having no plans on Saturday made me feel rejected and lonely. I wondered if my friend would talk about me to the other girls, and I felt insecure. Lastly, I thought about what I wanted to happen in the future so that I could ***speak my mind and be kind***. I used a three-part assertive statement and said, "I know you were excited to watch movies on Saturday and that your mom limited the number of friends you could invite. I felt rejected and lonely when you didn't invite me. Next time, I will try to understand if you want to do something I don't like, but could you also check with me to see if I might want to hang out anyway?" By using the assertive statement, I was able to communicate respectfully about the issue.

I also used an assertive statement with my sister. I knew she used my AirPods because hers weren't charged up, but I needed them. I first ***showed empathy*** and thought about why she might have borrowed them without asking. Next, I ***voiced my feelings*** about what had happened. Finally, I ***spoke my mind and was kind*** by sharing what I wanted to happen. I put the three parts together and said to her, "I understand that your AirPods weren't charged and you wanted to listen to music, but I listen to music to help me concentrate, and I needed them when I was getting ready for my volleyball game. Please ask me next time you want to borrow my AirPods." My sister said she was sorry, and we avoided an argument.

The next time you need to ask for something or share your thoughts and ideas, use the strategy ***speak my mind and be kind*** to help you. When you use this strategy, you are able to share your thoughts and ideas respectfully while acknowledging someone else's thoughts and ideas.