



Verbal Self Defense

Newton Adult Education



Why improve your verbal self-defense?



- *Goal: Your goal is to stand in your own truth. Be yourself, don't hide. Your goal is not to change someone else's mind.*
- *The more that you speak for yourself, the more power you have in a group, because you are known and understood.*
- *Everyone within hearing can be changed by your statements.*



How do you
react to
conflict?



What is your conflict style?

Bold or Reserved?

- Bold:

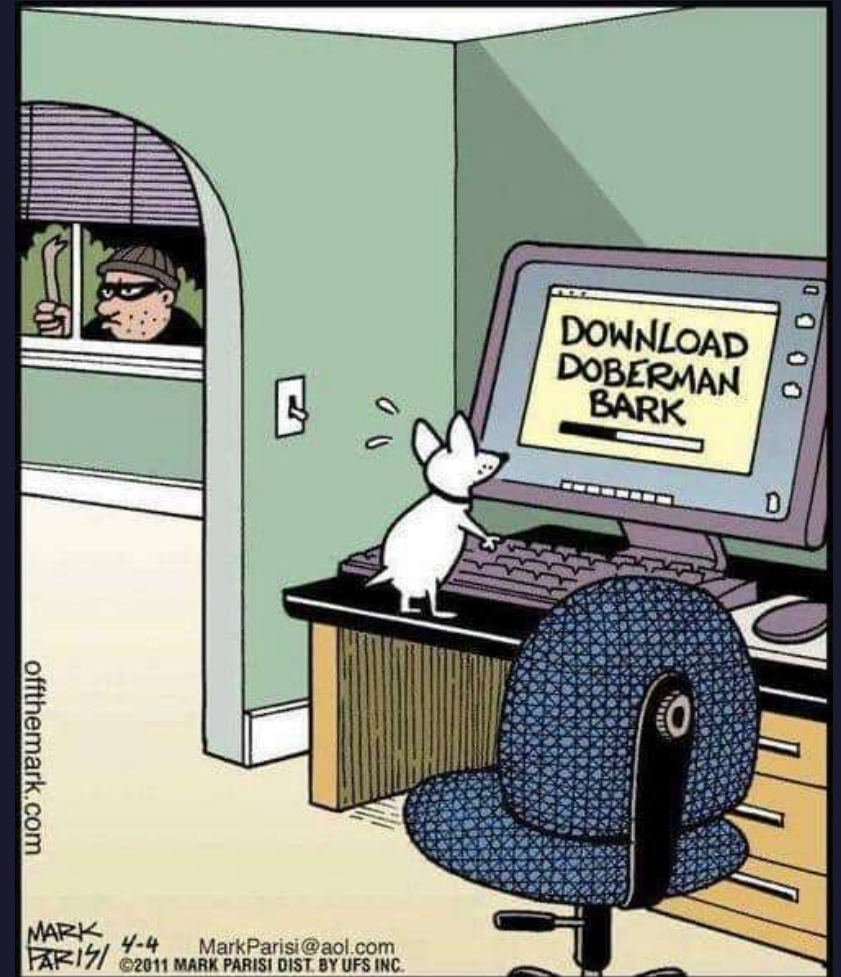
- adventurous
- assertive
- brave
- courageous
- daring
- expressive
- Fearless
- Forward
- Intrepid
- pushy
- Valorous
- Extroverted

- Reserved

- apprehensive
- Bashful
- cautious
- circumspect
- constrained
- Demure
- Hesitant
- modest
- reticent
- shy
- Skittish
- introvert

The authority voice

- Parent
- Teacher
- Elder/Adult
- "Radio announcer"
voice





Physical power

The background is a solid dark blue. On the left side, there are three abstract geometric shapes: a small teal hexagon with a gradient, a light blue crescent moon, and a large, thick, light blue ring or torus shape.

Breathing!
The outbreath is the one that
calms you.

Standing and posture

Recognize
hostile postures

Choose
powerful
postures



Verbal techniques





I messages.

“It bothers me...”

“I don’t like when you...”

“That term hurts me (or someone else).”



Name the behavior, out loud.

"You are yelling."

"You are hurting my arm."

"You are touching me."



Make a request:


Practice authority voice.

“Please don’t use that term in front of me.”

“Stop, right now.”




Deflecting insult aimed at you.
“That might be so...AND...”



Phrases to be agreeable while not agreeing.
First TRY TO AGREE on matters of
SAFETY
RESPECT

If it doesn't work: "Yes, restate a summary of the other person's belief, but state something true about your beliefs, when necessary or possible."



You said you were afraid of barking dogs. I get that. Is there a barking dog that is troubling you now, or is it just that you dislike barking dogs, generally?

I understand that you don't like pets. I believe that most people enjoy their pets and behave responsibly. We are going to disagree about this. OK?



Change the subject.

“We are not going to agree on this,
can we change the subject?”

“You and I work together, so can we
agree to disagree about this?”



I message

Name the behavior

Make a request

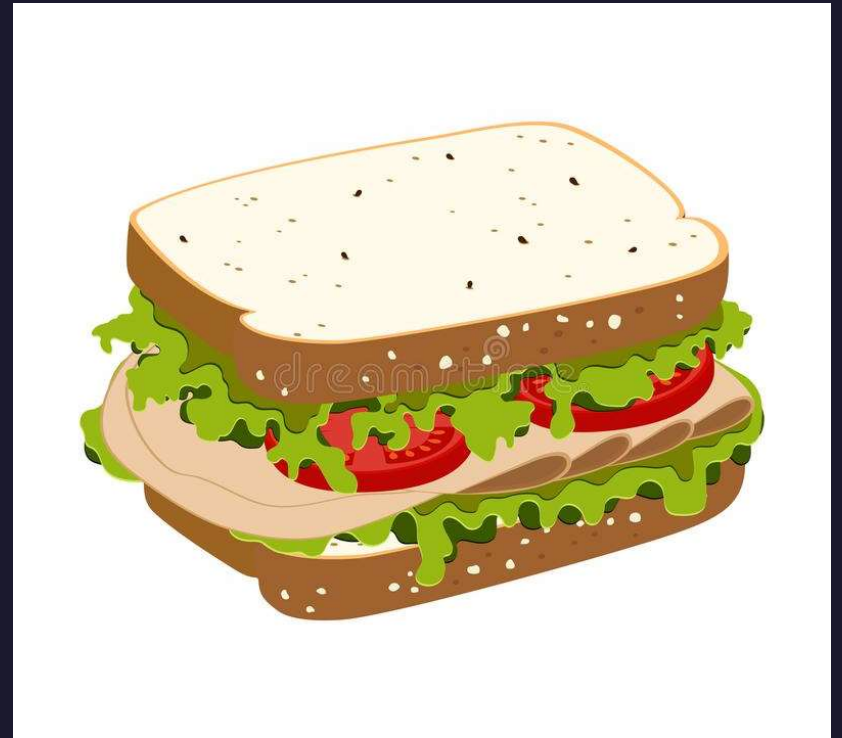
May be true AND...

Agree and not agree

Change the subject

Truth Sandwich

- **The goal:**
- **Don't repeat the lie.**
Repetition makes it stronger.
- **Say the truth without room for argument or debate.**
- **Repeat the truth twice to any reference to what the lie was about.**





Truth

Contradict false statement

Truth



Contradicting without repeating.

- Restate **why** the lie is wrong. Don't try to refute it -- fact for fact. This doesn't work.
- Human brains question facts that don't match our worldviews. When you try to refute a lie, fact for fact, it often comes off as defensive.
- Don't take the high road and ignore it. Then the lie goes unchallenged. Your silence can be read as agreement.
- If you are writing for publication, use a truth sandwich whenever you are writing about false stories.

There is a [link](#) in the resources about how our brains work in regard to fact.

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