

Conscious Discipline
January 28, 2009
From Chapter Three on Assertiveness

Assessment

Read the following statements and decide if they are direct or indirect means of dealing with frustration. Adults can assertively communicate with children by using direct statements.

1. "You are rude to interrupt." This is **INDIRECT** by labeling. **DIRECT-** "I don't like it when you interrupt. Please be quiet."
2. "What did you do? What's wrong with you?" These statements are **INDIRECT** by questioning. **DIRECT-**"Your face looks sad (or label most likely emotion). What's wrong? (or say what you think the child might be feeling.)
3. "When you run through the house while I am trying to work, I feel distracted." This **DIRECT**.
4. "You should be ashamed." This is **INDIRECT** by accusing. A **DIRECT** Statement would be to say "When you_____, I feel _____. Please_____."
5. "So you finally decided to join us for dinner, how thoughtful." This is **INDIRECT** by sarcasm. A **DIRECT** statement would be to say "Our dinner time is important to me. I like it when everyone is here. Please come when I call you."
6. "I don't like it when you interrupt. I can't remember what I was saying. Please be quiet." This is **DIRECT**.
7. "You don't care about anybody but yourself." **INDIRECT** by accusing. **DIRECT-**See under #4.
8. "Something seems to be bothering you. I feel concerned. Would you like to talk about it?" This is **DIRECT**.