

Form 3.1 Skill Script

Need Something Script

Script skill steps	Practice script
Set the stage <ul style="list-style-type: none">• Orient the other person to what you're talking about• Stick to the facts	
Share your emotions <ul style="list-style-type: none">• Label what you're feeling with a specific emotion (angry, sad, anxious, etc.)	
Directly ask for what you need <ul style="list-style-type: none">• Be specific	
Reward the other person in advance <ul style="list-style-type: none">• How is it worth their while to give you what you're asking for?	
Compromise (if needed) <ul style="list-style-type: none">• Come prepared with alternatives	

Set Limit Script

Script skill steps	Practice script
Set the stage <ul style="list-style-type: none">• Orient the other person to what you're talking about• Stick to the facts	
Share your emotions <ul style="list-style-type: none">• Label what you're feeling with a specific emotion (angry, sad, anxious, etc.)• Don't over-apologize• Be honest	
Directly set your limit <ul style="list-style-type: none">• Say no• Provide an explanation	
Validate the other person <ul style="list-style-type: none">• Take their perspective• Empathize• Remind yourself that validating their emotions does not invalidate yours	
Compromise (if needed) <ul style="list-style-type: none">• Come prepared with alternatives	