

Form 9.2 – Script Skill

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've asked 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 	