

Advocacy Practice

Statements that use Realities 1 and 2

(3-4 mins) In the chart below, what might you say to a friend, relative or coworker?

- Quickly jot down some bullet point ideas. Use suggested topics or make up your own
- We recommend using only examples you have **positive or neutral** feelings about

Topic ideas	Describe Reality #1	Share Reality #2 (both parts)	
	Briefly state what's happening now or what happened in the past , that you both know. Use neutral facts that no one would debate	I want (you, us) to _____ (behavior) —or— I think (you, we) should _____ (behavior)	Because _____ (The "Why")
		This is a "Directing Statement" Clearly state your suggestion, idea or requested behavior / action	<ul style="list-style-type: none"> • What's important about this to you or others? • The anticipated impact? • If possible, share something about your feelings or values
Entertainment examples	A performance is coming to town ... We haven't seen our friends in 2 weeks ... Sally was asking us about "Wicked"	Go to the EDM concert ... Host a superbowl party ... Send the kids to the the movies ...	I've always wanted to see that band ... I really need some laughs ... They'd be excited about an outing
Vacation examples	We both have unused PTO ... We haven't been camping in awhile ...	Plan that boating trip we've always talking about ... Go camping at the lake this summer ...	Doing that would energize me ... I think creating family traditions is important ...
Entertainment			
Vacation			
Hobbies			
Food			

When you're ready to practice with the trio, go to the next page

Trio Lightning Round

(6 mins)

In your trio, take turns making brief statements that include all 3 points

- This is a quick “Lightning Round” where everyone makes statements, one after the other, completing as many as you can until the time is up.

No matter your “Being Direct” score, everyone should follow these short formulas:

“X” is happening/happened → I want (us/you) to _____ because _____
(action/behavior) (the “why”)

or

“X” is happening/happened → I think that (we/you) should _____ because _____
(action/behavior) (the “why”)

Have fun with it!