Title: Expressing requests

Exercise Code: SLINTEGRA028

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| Modules: | Group size: | Duration: |
| 1. Social Learning3. Personal Integrity4. Professional Integrity5. Conflict Solving Strategies  | Small groupLarge group | 15 min |

**Purpose:**

* To see whether you are in agreement about the clear expression of requests
* To learn how to express your requests
* To improve your own verbal expressions and communication
* To understand when the communication is a request and when it is a demand

**Description:**

Participants circle the number in front of each of the following statements in which they think the speaker is clearly requesting:

1. I want you to understand me.
2. I would like you to tell me one thing that I did that you appreciate.
3. I would like you to feel more confident in yourself.
4. I want you to stop drinking.
5. I would like you to let me be me.
6. I would like you to be honest with me about yesterday’s meeting.
7. I would like you to drive at or below the speed limit.
8. I would like to get to know you better.
9. I would like you to show respect for my privacy.
10. I would like you to prepare supper more often.

The trainer discusses the answers based on the following responses:

1. The word *understand* does not clearly express a request for a specific action. A request for a specific action might be: “I want you to tell me what you heard me say.”
2. If you circled this number, you are right that the speaker is clearly requesting a specific action.
3. The words *feel more confidence* do not clearly express a request for a specific action. A request for a specific action might be: “I would like you to take a course in assertiveness training, which I believe would increase your self-confidence.”
4. The words *stop drinking* do not express what the speaker wants, but rather what he or she does not want. A request for a specific action might be: “I want you to tell me what needs of yours are met by drinking, and to discuss with me other ways of meeting those needs.”
5. The words *let me be me* do not clearly express a request for a specific action. A request for a specific action might be: “I want you to tell me you won’t leave out relationship – even if I do some things that you don’t like.”
6. The words *be honest with me* do not clearly express a request for specific action. A request for a specific action might be: “I want you to tell me how you feel about what I did and what you’d like me to do differently.”
7. If you circled this number, you are right that the speaker is clearly requesting a specific action.
8. The words *get to know you better* do not clearly express a request for a specific action. A request for a specific action might be: “I would like you to tell me if you would be willing to meet for lunch once a week.”
9. The words *show respect for my privacy* do not clearly express a request for a specific action. A request for a specific action might be: “I would like you to knock before you enter my office.”
10. The words *more often* do not clearly express a request for a specific action. A request for a specific action might be: “I would like you to prepare supper every Monday night.”

**Methods:**

Experiental learning

The exercise is appropriate for group work in the context of learning, recognizing, and discovering verbal communication. The participants will learn, through the exercise, how to formulate the sentence in the form of a request.

**Advice for Trainer:**

Inside the group that the trainer forms, the exercise is appropriate for conducting an interactive workshop where participants can play a role-playing game and try to communicate with each other by only using the form of a request, and unobtrusive expression.

**Source/Literature:**

Adapted from “Nonviolent communication: a language of life “, B. Rosenberg, 2003

**Handouts:**

Expressing requests