Speaking with Specificity

*(Practice Examples)*

For each of the following statements, imagine a context or scenario in which they might have been said. Then, re-write the following statements from a Self to Other perspective using one or more of the “specificity” tools covered in class. These include:

- **Behavior description:** The other person’s behavior versus your inference.
- **Feelings description:** Actually stating your feelings rather than just conveying them.
- **Self-language:** “Owning” your statements by using “I” versus “You, We, Us” language.
- **Specific language:** Use of more precise language rather than vague or general words.
  (This also includes being specific about What, When and Whom involved.)

Example: “She is just plain slow” might be said as: “Susan is still working on the report. I am anxious that we won’t get finished in time.”

1. “These meetings bore me. When are we going to make some real decisions?”

2. [After watching the game] “You know, you just get so tense watching these pitching duels!”

3. “They always eat lunch together. They make me think they’re talking about how to get the project going their way.”

4. “I feel like you’re criticizing my work with your snide remarks.”

5. “It’s hard to get up in the dark these days. You’re sleepy half the morning.”

6. “They’ll never pay attention to our suggestions.”

7. “I feel like he’s supporting their suggestion for stupid political reasons.”

8. “The complaints we get around here make me feel like a punching bag!”