



A way to remember this skill, is to remember the word **FAST**.

(Be) Fair

Be fair to yourself and to the other person. Remember to validate your own feelings and wishes, as well as the feelings and wishes of the other person.

(No) Apologies

No apologizing for being alive or for making a request at all. No over apologizing. No apologies for having an opinion, for disagreeing. No looking ashamed, with eyes and head down or body slumped. No invalidating the valid.

Stick to your values

Stick to your own values. Don't sell out your values or integrity for reasons that aren't very important. Be clear on what you believe is the moral or valued way of thinking and acting, and "stick to your guns."

(Be) Truthful

Don't lie. Don't act helpless when you are not. Don't exaggerate or make up excuses.

Practice

Instructions: During the week, when situations arise wherein you needed to express your needs to other, practice this skill, and document the circumstances below.

Situation 1:

Describe the event or situation?

How did you express yourself with fairness?

Describe what you said; that you didn't have to apologize for:

Continue to the next page...



Describe how you stuck to your values:

How was this exchange different for you?

How did it feel to express your ideas with confidence, and how did you accomplish that?

What did you do to negotiate?

Situation 2:

Describe the event or situation?

How did you express yourself with fairness?

Describe what you said; that you didn't have to apologize for:

Describe how you stuck to your values:

How was it to be in control, and use the FAST Skill in the discussion?

How might this skill be useful in the future?
