

Interpersonal Effectiveness: *Self-Respect Goals*

How do you want to feel after your interaction? Your self-respect goal is focused staying true to yourself and feeling good about how you handled yourself (regardless of the outcome). The acronym F.A.S.T. is focused on how you say things as well as pitfalls to avoid. Keep in mind, the FAST strategy is a playbook – do not worry about going in specific order. Instead, use this to guide your conversation.

Fair

Be fair to others as well as to yourself. Focus on balance – not everything is your fault nor is everything their fault. You don't want to leave the conversation having regrets over whether you were a fair person or not.

Apologies (use them sparingly)

Don't apologize unless you did something wrong. That means – don't apologize for setting a boundary, letting your needs be known or for saying no to a request. If there is something you truly did wrong – acknowledge and apologize. We want to avoid feeling guilty about letting our needs be known.

Stick to values

Frame the conversation in terms of what you value as well as what would lead to a valuable life. Don't compromise on the things that matter to you just to make the conversation go smoother.

Truthful

Avoid dishonesty and untruths (including exaggerating, acting helpless or fabricating things). You lose all of your credibility and it leads to your brain dwelling on those elements afterwards (e.g., "If only I hadn't said..." or "Maybe if I didn't say..."). Stick to the facts.

