



# Communication Skills

Students are taught an innovative system of communication that alters focusing on others to recognizing self-truth and self-respect.

## 1 Shining

## 2 Flashlighting

**SHINING:** Sharing your inner light; speaking in a manner that is non-confrontational.

FEELING \* is how I feel as a result of your behavior. BEHAVIOR is what I want from you. I may not get what I want, but you know where I stand.

\* The suggested list of feelings **leaves out the words angry or mad:**

*Suggestion of words to express negative feelings:* disturbed, irritated, frustrated, sad, hurt, confused, fearful, doubtful, suspicious, unhappy.

*Suggestion of words to express positive feelings:* pleased, happy, delighted, excited, thrilled, peaceful, relaxed, loving, grateful, joyful.

**“I’ll tell you about me---you tell me about you!”**

**FLASHLIGHTING:** Taking another person’s inventory and telling his story; being inflexible; communicating in a way that shuts down positive interaction and disturbs those who are present.

**Type A Flashlighting:** Gossiping; refusing to take responsibility for your own situation by focusing on another person, who is in the dark about what’s going on with you.

**Type B Flashlighting:** Having a closed mind; having all the answers; imposing your agenda on another person without knowing the circumstances; not being interested or caring what the listener thinks and feels.

**“I’ll take your inventory and tell your story---it’s my way or the highway!”**