
COUNSELOR CORNER

ISSUE #10

DISAGREEING RESPECTFULLY



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I AM THE SCHOOL COUNSELOR
AT BOTH PERUVIAN PARK
ELEMENTARY AND SUNRISE
ELEMENTARY. PLEASE REACH
OUT IF YOU HAVE ANY
QUESTIONS, OR YOU NEED
SOMEONE TO TALK TO ABOUT
HOW YOU ARE FEELING.

CONCEPTS

- One must learn assertiveness to disagree respectfully.
 - When we disagree respectfully we avoid misunderstandings and conflicts caused by aggressiveness.
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BLAMING LANGUAGE

When we make statements that begin with “you never”, or “you always”, we are speaking in a blaming way towards that person. Also, when we’re using these words, we often have a mean or rude tone to our voice. When we speak this way, others can become angry or defensive—feeling as though they need to argue with us.

Many times when we have conflicts with others we are only seeing things from our point of view—or from our own perspective. Trying to see things from other people’s perspectives is very important. It is also important to avoid using blaming language, (“you never”, or “you always”).

ASSERTIVENESS VS. AGGRESSIVENESS

Being assertive involves asking for what we want or need in a respectful voice, that is calm and firm. Being aggressive however, involves being inconsiderate of others, and their feelings. When people are communicating aggressively they often use blaming language or name calling. They often aren’t listening to others, and their input.

When we have disagreements with others, we can speak respectfully, with a calm tone of voice. We can take the time to think about how the other person feels. We can repeat back what others tell us to make sure we understand. When we take the time to acknowledge the perspectives of others—even if we don’t agree, it shows that we can be respectful.

WHY THIS MATTERS

When we gain empathy and perspective taking, we are less likely to act aggressively towards others. Violence and aggression often start with minor disagreements. If we can teach ourselves and others to communicate our perspective respectfully—and listen to other’s perspectives respectfully, we can learn to stop small issues from becoming serious situations.