

SPEAKING THE UNARGUABLE TRUTH

THE UNARGUABLE TRUTH – THAT WHICH CANNOT BE ARGUED ABOUT

Telling the truth creates vitality, creativity, and choices. It can also stop arguments.

1. **Observable facts:** Objectively describe what you see. Examples: “I see dirty dishes in the sink”; or “I planned to eat the pie, and it is no longer where I left it.”

2. **Describe your body sensations.** Use the hand-out “A Partial List of Body Verbs/Sensations ” to help you focus.

3. **What are your core emotions?** Use the hand-out “A Partial List of body Verbs/Sensations” to help you determine one or more core emotions; anger, fear, sadness, joy:

4. **Name any images you see and any voices you hear. How is this familiar from the past?**

5. **Claim your imaginings or interpretations.** Use words like “I am making up a story” or “I imagine that...”

Let go of “because ...” It’s not helpful to tack your story on to your emotions. You don’t really know why you’re angry, sad or scared. You may think it’s because of an incident that just occurred, but in fact, it may be connected to something that happened a long time ago.