

## Asking Exercise



First, ways to respond: Yes, no, explanation, none, curt, alternative, apology...

1. In twos or threes think of a time or situation in which you need or needed help
  2. Person One:
    - a. Ask clearly for what you want (can be big thing, can be little & inconsequential – you can experiment with asking “nicely” and not)
    - b. Wait for the answer from your partner, and pay attention to how it feels
  3. Person Two:
    - a. Answer the question, first with a “yes”
    - b. Take just a moment: how did that feel
    - c. Then have your partner ask again and answer with a “no”
    - d. How did that feel from each side?
  4. Switch sides & repeat:
    - a. Think about how it feels to say & hear each
    - b. Did it matter how the question was asked? What answer was given?
- Ask for silly things: “Can I borrow your nose?”
  - Ask for big things: “Would you go camping with me this weekend?”
  - Ask for little things: “Could I take your backpack with me camping?”
  - Ask for real or make-believe things
  - See what it’s like to say “yes”; to say “no”; to hear “yes”, to hear “no”
  - Try different ways of saying each – nicely, not nicely.
  - Play with it ----- and you’ll get better!