

Classroom Survival Skill

Disagreeing Appropriately

Week of: ___ / ___ / ___

Disagreeing Appropriately

1. Look at the person.
2. Use a pleasant voice.
3. Say "I understand how you feel."
4. Tell why you feel differently.
5. Give a reason.
6. Listen to the other person.

<i>Day of the Week</i>	<i>Disagreeing Appropriately Activity</i>
<i>Monday</i>	<i>Disagreeing Appropriately:</i> This week we are going to talk about the steps for Disagreeing Appropriately. Let's review the four steps all students must do when asked to <i>Disagreeing Appropriately</i> : 1. Look at the person, 2. Use a pleasant voice, 3. Say "I understand how you feel", 4. Tell why you feel differently, 5. Give a reason, 6. Listen to the other person. We will be practicing these steps all week. When you are able to Disagree Appropriately, you have a better chance of solving your problems peacefully and keeping your friends.
<i>Tuesday</i>	<i>Disagreeing Appropriately:</i> Remember this week we are talking about Disagreeing Appropriately. Let's review the steps for Disagreeing Appropriately. Okay, today we are going to talk more about the first and second steps. Step 1 is Look at the person. Who can show me how you look at someone? (Role-play examples/non-examples whole class) Step 2 is Use a pleasant voice. Turn to your partner and say "Hello" in a pleasant voice. Give examples and non-examples of pleasant voice tone.
<i>Wednesday</i>	<i>Disagreeing Appropriately:</i> Remember this week we are talking about <i>Disagreeing Appropriately</i> . Let's review the steps for Disagreeing Appropriately. Okay, today we are going to talk more about the third and fourth step. Step 3 is Say "I understand how you feel" . Who would like to role-play with me what it would sound like to tell the person that you understand how they feel? (Role-play examples/non-examples whole class) Step 4 is Tell why you feel differently. What are some reasons that you may have?
<i>Thursday</i>	<i>Disagreeing Appropriately:</i> Remember this week we are talking about <i>Disagreeing Appropriately</i> . Let's review the steps for Disagreeing Appropriately. Okay, today we are going to talk more about the fifth and sixth steps. Who can tell me what step 5 means. Step 5 is Give a reason. Who would like to give an example of what your reason may be? Step 6 is Listen to the other person. How do you show the other person your are listening to their side? Ask for examples and non-examples.
<i>Friday</i>	<i>Disagreeing Appropriately:</i> This week we talked about the steps for Disagreeing Appropriately. Today we are going to role-play all of the steps for <i>Disagreeing Appropriately</i> . Who would like to be the first volunteer? We are going to review the Disagreeing Appropriately PowerPoint.

Planned Teaching

Boys Town Social Skill Lesson Plan

How to Disagree Appropriately

Introduce Skill

What?

When?

Who?

What is a disagreement? Is an argument or a fight a disagreement? How do you feel after a fight or argument?
When might people disagree?
Who are some of the people with whom we might disagree?

Describe Skill Steps

1. Look at the person
2. Use a pleasant voice.
3. Say "I understand how you feel."
4. Tell why you feel differently.
5. Give a reason.
6. Listen to the other person.

Rationale

Benefit

Neg. Consequence

Concern

When you disagree appropriately, you are more likely to get your way and less likely to need an adult to help. Others won't want to talk to you and you might lose friends if you disagree inappropriately. Others will consider your opinions if you present them calmly; others will give you the respect you deserve.

Request for

Acknowledgment

Repeat the steps. Does this make sense?

Practice

Role play a P.E. situation, game, or sport. Practice body language (how to stand, hand position, proximity). The teacher should demonstrate a variety of voice tones. Students practice correctly ("We can talk about this later.").

Feedback

You did a great job of practicing "Disagreeing Appropriately!" (Praise specific steps followed and give specific feedback for areas of improvement.)

Positive

Consequence

Because you practiced so well, you have earned 10 minutes of extra free time. (Or other positive consequences that are appropriate for the time, like penny candy or playing a game.)

Follow-Up Practice

Let the class know that you will be observing the class to "catch them" using the skill "Disagreeing Appropriately." Continue to praise correct use of the skill and re-teach as needed.

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How to Disagree Agreeably

The best ways to compromise, clear the air, and fight fair.

By Eric Messinger

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Yankees and Red Sox. Red states and blue states. Your seven-year-old and your nine-year-old. Humans, it seems, are wired for disagreements. These conflicts can be angry, awkward messes, or they can be civil exchanges of viewpoints that lead to better decisions at work and closer relationships at home. What makes the difference is usually not the issue at hand but how it is handled. Here, then, are the rules of engagement, followed by tips on how to speak your mind (to almost anyone). No bench-clearing brawls, no threats of secession, no backseat turf wars involved.

The Rules of Engagement

Keep these in mind at your next impasse; they might help you avoid an unproductive argument.

- 1. Pick your battles.** "You do not have to address every injustice or irritation that comes along," says Harriet Lerner, author of *The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships*. "But it is a mistake to stay silent when an issue matters and the cost of silence is feeling bitter, resentful, or disconnected."
- 2. Understand the stakes.** Even if you think that you know the other person's issues, it can't hurt to pose a direct question. Ask "What's your real concern here?" says Rebecca Zucker, cofounder of Next Step Partners, an executive-coaching and leadership-development firm in San Francisco. "Often she's not really voicing it."
- 3. Wait until you're calm.** When emotions run high, disagreements can turn personal, and that's rarely productive. Recognize when emotions are charged, and don't have the conversation until you have a cool head.
- 4. Be respectful.** If someone thinks you're listening thoughtfully, she is more likely to respond in kind. An empathetic phrase, such as "I understand how you feel," can go a long way.
- 5. Speak for yourself.** Rather than criticizing the other person, stick to expressing your own feelings and actions ("I felt hurt when..." or "I'm concerned because..."). "It's honest and authentic when you say how you truly view a situation," says Jennell Evans, cofounder of the Washington, D.C.-based consulting firm Strategic Interactions.
- 6. Don't interrogate.** Try not to go on a lawyerlike attack with a litany of yes-or-no questions. This tack is aggressive, puts the other person on the defensive, and can belittle her, Zucker says.
- 7. State the facts.** If you have them, use them. Facts give opinions and feelings a lot more credibility. It also helps that "they aren't personal or emotional," so they can help make your disagreement constructive, Zucker says. Just make sure you really do have the facts. At the very least, you should be able to name your source.
- 8. Speak to common interests.** Keep the common goal and good in mind. Remember: If an argument turns nasty, nobody wins. Tell the person how much she means to you and how much



Ross MacDonald



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Quick Tip



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you value her opinion.

9. Aim to clear the air rather than win. In many instances, the disagreement will end in détente. Don't try to win the argument; it's more important to focus on understanding why the other person thinks differently than you do.

10. Consider compromise. It doesn't get you exactly what you want, but it can be an effective way for people to overcome a disagreement and move forward. Remember: A compromise doesn't have to be equal to be acceptable. However, it is important for you to understand what you're both giving up and to be comfortable with that equation. "You don't have to feel happy about a compromise, but you have to feel you can live with it," says Robin Hoberman-Becker, a mediator and divorce lawyer in Chicago.

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Expressions for Agreeing and Disagreeing (EnglishClub.com)

Stating an opinion	<ul style="list-style-type: none"> • In my opinion... • The way I see it... • If you want my honest opinion.... • According to Lisa... • As far as I'm concerned... • If you ask me...
Asking for an opinion	<ul style="list-style-type: none"> • What's your idea? • What are your thoughts on all of this? • How do you feel about that? • Do you have anything to say about this? • What do you think? • Do you agree? • Wouldn't you say?
Expressing agreement	<ul style="list-style-type: none"> • I agree with you 100 percent. • I couldn't agree with you more. • That's so true. • That's for sure. • (slang) Tell me about it! • You're absolutely right. • Absolutely. • That's exactly how I feel. • Exactly. • I'm afraid I agree with James. • I have to side with Dad on this one. • No doubt about it. • (agree with negative statement) Me neither. • (weak) I suppose so./I guess so. • You have a point there. • I was just going to say that.
Expressing disagreement	<ul style="list-style-type: none"> • I don't think so. • (strong) No way. • I'm afraid I disagree. • (strong) I totally disagree. • I beg to differ. • (strong) I'd say the exact opposite. • Not necessarily. • That's not always true. • That's not always the case. • No, I'm not so sure about that.
Interruptions	<ul style="list-style-type: none"> • Can I add something here? • Is it okay if I jump in for a second? • If I might add something... • Can I throw my two cents in? • Sorry to interrupt, but... • (after accidentally interrupting someone) Sorry, go ahead. OR Sorry, you were saying... • (after being interrupted) You didn't let me finish.
Settling an argument	<ul style="list-style-type: none"> • Let's just move on, shall we? • Let's drop it. • I think we're going to have to agree to disagree. • (sarcastic) Whatever you say./If you say so.



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4. More About Disagreeing Appropriately

#1

More About Disagreeing Appropriately

Jul 2 2008

There was a comment asking for information about disagreeing appropriately.

Disagreeing Appropriately

1. Look at the person (This shows that they are listening and respect you. Looking at people when you talk to them is great social practice and good for self confidence building.)
2. Keep a calm voice and calm face (This shows that the youth is in control of her emotions. This also shows that they are ready to talk to you and listen.)
3. Ask to disagree appropriately (Having to ask reminds them that they need to accept your decision because you are the authority figure.)

4. Say that you understand the other person's opinion (This is a high level communication skill. Seek first to understand – then to be understood.)
5. Say your opinion (The youth gets to practice reasoning and problem solving.)
6. Accept the Yes or No answer from the other person (This applies to parents, adults, and even other children.)

Disagreeing Appropriately is a very mature style of communication. Many adults can't do it. I suppose I should say that they haven't ever learned how to do it.

When I see my children are getting frustrated, I gently remind them that they can disagree appropriately. I even tell my children exactly how to disagree with ME sometimes. The point of the skill is to learn how to stop emotion and problem solve instead of get upset, and to learn when it's a good time to appropriately disagree.

This skill is invaluable to me, as an adult. I disagree with my children in this same format (omitting step 3). I disagree with my husband, parents, friends, neighbors, or anyone like this.

When people take the time to show that they understand the other person's view before telling their side of the story, they automatically give a message that they don't want to offend, they want to work as a team, and they want to share extra information that the other person might not have with that person. It suggests concern. If you show concern for the person you are talking to like this, your opinions are more likely to be HEARD.

When my child disagrees appropriately I usually accept the disagreement so that they see that choosing to control their emotions makes things go good.

Imagine what our world would be like if EVERYONE knew how disagree appropriately.

Topics:

[Using TSG Skills \(/topics/using-tsg-skills\)](#)

Some ideas to get started in the classroom.

- Have students watch the nightly news on two different nights, on two different channels, or view two distinct political talk shows. Be sure to pair channels that will offer different “takes” on the news, such as PBS News Hour and Fox News. Have students track the “tone” of both the newscasters and any guests on the news. Are they impartial? Was the reporting fair and balanced? Could you tell the political persuasion of the newscasters, guests, and/or news program?
- Assign students a political blog to read (this could also be a blog attached to a national newspaper). Have them read and print the comments on one or more of the blog entries. Discuss the tone of these comments and why people might be less civil when leaving comments on websites. What causes us to follow the rules of civil society? What gives us permission to be uncivil, rude, or hostile?