



**SYP Tool:** Use Constructive Language

**Title:** Reframe that Statement

**Objective:** Use constructive language to turn negative sounding statements into positive statements

**Resources:** Reframe that Statement worksheet

**Setup:** The tagline for Speak Your Peace is "it's not what you say, it's how you say it." Every day we say or hear things that prove this to be true. Oftentimes, we mean well, but the way we phrase the statement can bring a negative reaction to the listener. We need to think about framing our statements in a way which will allow the listener to stay engaged in the conversation instead of being blindsided by their emotions.

**Activity:** Use the Reframe that Statement worksheet. Have the participants work in partners to transform the statement in the left hand column to a constructive statement on the right hand side.

Have the participants take turns sharing their reframed statements. Take a few moments to add some to a flipchart or whiteboard that are heard often in the organization that may need reframing.

**Debrief:** Why don't we use constructive statements all the time?