

BRIEF & TO THE POINT

By Donna Deos



Have you ever heard of the acronym KISS? It stands for Keep It Simple (and then a not very nice word of) Stupid. It is not my favorite acronym because of the last word, but it does get right to the point.

Many times we beat around the bush trying to tell someone how we feel or what we think instead of getting right to the point. Why do we do this? Well, most of the time it is because we are uncomfortable telling them whatever it is. Maybe they asked us a question and we know that what goes through our head will not come out well or be well received if we actually say it. So, we spend time stalling while we are trying to figure out what to say, or perhaps how best to say what we want or need to.

Sometimes we go through all of this because we are trying to process our thoughts and feelings and bring it down to what is important. This can take time, especially when you have lots of pent up emotion to work through.

So, when you find yourself in this situation, try to get down to what you really want. Try to jump to the end game and work it back from there. At the end of the day, how do you want to feel? And, what do you want for them?

Here is an example: I wanted my Mom to be safe, happy and well cared for. She saw all of my attempts to get there as me trying to take away her freedoms and control her. She felt I was pointing out all of her inadequacies and she felt attacked. When I could finally say, "Mom, I love

you and I worry about you. I really just want to know that you are okay. I need to know that you are safe and happy." She finally got it. She saw me as trying to protect her, rather than control her.

When you can jump to the end, come from a place of love rather than frustration, and cut to the chase, you will tell them the heartfelt truth and it will likely be received much better than the long drawn out beating around the bush confusion and misinterpretation we typically use.

This is what I mean by finding the way to get to the point. Sometimes less is more. Cut to the chase, reveal your hand, tell them exactly what you want and how you feel. You will be surprised at how much better you feel and how well it goes over.

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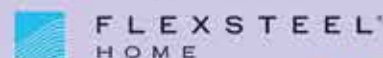
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