

**IAIE**

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*Member Resource*

<b>Title:</b>	Neither Attacking Nor Defending
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<b>Email Address:</b>	jbguarino@gmail.com
<b>Type of Activity or Resource:</b>	Group discussion
<b>Objective:</b>	to teach techniques for remaining calm during intense personal interactions
<b>Recommended Age Group:</b>	Elementary to Adult
<b>Materials Needed:</b>	Handout 19A
<b>Time:</b>	30 mins

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## Strategy 19

### Neither Attacking Nor Defending

#### Objective(s):

To teach the participants a technique for remaining calm during tense personal interactions.

#### Age:

Elementary to adult

#### Procedure:

1. Distribute Handout 19.A entitled, "Neither Attacking Nor Defending" [page 59].
2. Discuss the handout with the participants. Answer questions and provide clarification if necessary.
3. Ask the participants to practice the breathing technique several times.

**\*\*Special Note:** It may be helpful to ask the participants to role play various interactions that cause them to be tense. After the role plays, ask the participants to pinpoint the instant during the interaction where it would have been helpful to use the breathing technique.

## Handout 19.A

### Neither Attacking Nor Defending

1. The most effective communication occurs when I am neither attacking nor defending. I simply communicate the way it is with me.
2. If I attack or defend, I set the other person up to do the same.
3. The more relaxed I am, the more in control of myself I will be; the more tense I am, the more I lose control of myself.
4. When I communicate from a tense place, I will be more likely to say things I don't mean and that I will regret later.
5. I can remain calm when I remember to breathe deeply. A helpful breathing technique is to do as follows:  
*At the first sign of tension, the first HINT of tension, I inhale deeply and slowly. As I slowly inhale, I mentally say, "I choose love." I then hold my breath for a slow count of three. As I slowly exhale, I say to myself, "I release fear." In a very tense situation, it may be necessary to repeat this procedure over and over. If the person with whom I am interacting is curious about why I am breathing deeply, I simply tell that person that I am trying to calm myself.*
6. Remember that choosing love means choosing to love yourself also. Sometimes the most loving thing we can do for someone is to say no to a request or demand.
7. Love is calm; fear is tense.