

# Assertive Communication: The Triple F Technique

## Fact, Feelings, Future:

Assertive communication involves expressing your thoughts, feelings and needs clearly and respectfully. Assertive communication can also help us establish boundaries and manage conflict. The Triple F technique is an assertive communication technique.

Here's how it works:

**F1: Identify the Facts:** The first step is to identify the objective facts of the situation. This involves identifying what happened, who said or did what, and any other objective facts.

**F2: Express Your Feelings:** Next, it's important to express your own feelings about the situation.

**F3: Consider the Forecast:** Finally, it's important to consider how you'd like things to be different in the future.

Let's look at an example! You agreed to meet up with your friend at a certain time, but your friend arrived 30 minutes late without any explanation.

Using the Triple F technique you might address this by saying:

"Hey, I wanted to talk to you about what happened when we met up the other day. When you arrived 30 minutes late without any explanation (F1). I felt frustrated because I waited for quite a while and didn't know what was happening (F2). I'd like you to let me know if you're going to be late if it happens again (F3)."

