

VERBAL JUDO: Redirecting behavior with words

Word Blocks ... What to do when you've been insulted!

In this week's Verbal Judo lesson ...

We talked **about harassment, bullying and verbal abuse**. What do you do when this happens to you?

Fight? Ignore the problem? Neither one begins to solve the problem. **You need Word Blocks.**

You need to have a **pre-planned response** – a kind of script – ready for the situations that would otherwise catch you off-guard. Word Blocks can be **funny, serious or even a little bit threatening**.

Think of it this way: When a martial artist is being attacked, the first thing he or she does is put up their hand to **block the punch**. It's the same thing with the verbal deflectors we call Word Blocks.

We've made the discussion really fun by dreaming up **FUNNY Word Blocks** (we'll cover other types of Word Blocks over the next few weeks). Have fun devising some of your own!

EXAMPLE: IF THEY SAY ... *"You're stupid!"*

YOU COULD SAY ...

- *"My Mom said the same thing this morning, but thanks for noticing."*
- *"Thanks! Are you offering to tutor me?"*

These responses must be like a reflex, **done swiftly and without a trace of anger** or emotion. (Remember Mushin from last week's lesson? You need to **keep your cool** to effectively block the conflict that comes your way.)

complete and return this portion to your next class

Verbal Judo Car Talk #2

FAMILY CHALLENGE: *Come up with 2 FUNNY Word Blocks for 2 situations.*

Word Block #1

Word Block #2

Situation 1:

Situation 2:

For more information about Verbal Judo, visit www.verbaljudo.com.