



## Asking Exercise

First, ways to respond: Yes, no, explanation, none, curt, alternative, apology...

**1. In twos or threes, think of a time or situation in which you need or needed help.**

**2. Person One:**

**a. Ask clearly for what you want (can be big thing, can be little & inconsequential – you can experiment with asking "nicely" and not)**

**b. Wait for the answer from your partner, and pay attention to how it feels**

**3. Person Two:**

**a. Answer the question, first with a "yes"**

**b. Take just a moment: how did that feel**

**c. Then have your partner ask again and answer with a "no"**

**d. How did that feel from each side?**

**4. Switch sides & repeat:**

**a. Think about how it feels to say & hear each**

**b. Did it matter how the question was asked? What answer was given?**

- Ask for silly things: "Can I borrow your nose?"
- Ask for big things: "Would you go camping with me this weekend?"
- Ask for little things: "Could I take your backpack with me camping?"
- Ask for real or make-believe things
- See what it's like to say "yes"; to say "no"; to hear "yes", to hear "no"
- Try different ways of saying each – nicely, not nicely.
- Play with it ----- and you'll get better!



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