

## D E S C SCRIPT FOR ASSERTIVENESS%0A

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## RESPONDING ASSERTIVELY USING A DESC RESPONSE

DESC Script for Assertiveness Best Practices, Yale University - Adapted from Sharon and Gordon Bowers  
Asserting Yourself D escribes a behavior that has a negative impact on the speaker.

## THE DESC MODEL FOR ASSERTIVE COMMUNICATION

escribe the ...  
THE DESC MODEL FOR ASSERTIVE COMMUNICATION This is a communication formula which can be useful in dealing with conflict and confrontational situations.

## DESC SCRIPTS - Erik Bohlin, M.A.

(E) I am angry and hurt. (S) I want you to move out, get into anger management for at least a year. (C) If you do this, I will consider rebuilding a relationship with you.  
Using DESC to Make Your Difficult Conversations More Effective

Yale University Best Practices 2016 Using DESC to Make Your Difficult Conversations More Effective During difficult conversations, when the stakes and emotions are high, defensiveness in others.

## The D.E.S.C. Method of Conflict Resolution | Don Paglia

The D.E.S.C. Method of Conflict Resolution 1 Comment  
D = Describe what happened. You said such and such. I did this and you did that E = Explain how this made you feel. When you did this I felt hurt. When you said: This to me I was sad (angry, hurt, uncomfortable ) S = Share what you would like to have happen (in the future) AND. C = Compromise by stating what you will do

## D.E.S.C. technique | theartofassertiveness

It's called the D.E.S.C. technique; I'd love to credit whoever thought it up, but the originator's name has been lost in the mists of time please post below if you know otherwise. We use this when we want to give criticism, or express negative feelings. If you want to be a grown-up, civilised, assertive human being, you need to do it in such a way that does not attack people or put

## dese model assertive comm - Addiction Services of Thames ...

## THE DESC MODEL FOR ASSERTIVE

COMMUNICATION This is a communication formula which can be useful in dealing with conflict and confrontational situations.

## Assertiveness | DocRick

Describe Express Specify. The DESC script was developed by Sharon and Gordon Bower and is discussed

more fully in their book, *Asserting Yourself*. The following page and example is quoted from the publication: DESC stands for Describe, Express, Specify, and Consequences.

#### **escript | Microsoft Does**

if you double-click a script file with an extension that has no association, the Open With dialog box appears. select wscript or escript, and then select Always use this program to open this file type. This registers wscript.exe or escript as the default script host for files of this file type.

#### **Cscript - VBScript - SS64.com**

CScript.exe / wscript.exe. Run a VBScript / Windows Scripting Host (WSH) script. 'cscript' runs entirely in the command line and is ideal for non-interactive scripts.

'A P,BIHR,FORTIE,FIBONACCI' SEQUE NC ...

The two-dimensional vector,  $V_9$  is an ordered pair of elements, called *scalars*, of a field: (The real numbers? for example, form a field).

#### **Google**

Search the world's information, including webpages, images, videos and more. Google has many special features to help you find exactly what you're looking for.

#### **How to Be Assertive - Communication Skills Training From ...**

It's possible that you've been in a situation like Debra's and, like her, you might have felt unable to do anything about it. But by learning how to be more assertive, you can stand up for yourself, and become a strong and confident communicator.

#### **Xcopy Command (Examples, Options, Switches, and More)**

xcopy "C:\Important Files" D:\Backup /e /d /e /h /i /k /q /r /s /x /y In this example, the xcopy command is designed to function as a backup solution. Try this if you'd like to use xcopy instead of a backup software program to back up your files.

#### **Assertiveness | Definition of Assertiveness at Dictionary.com**

confident and direct in claiming one's rights or putting forward one's views given to making assertions or bold demands; dogmatic or aggressive. Derived Forms: assertively, adverb; assertiveness, noun