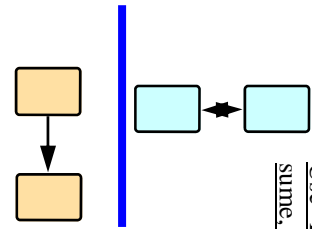


USEFUL REMINDERS about Master/Slave



Use "I" messages, "I believe, think, imagine, guess, recall, feel, make up, prefer, suppose, assume, sense, judge, remember, have a picture in my mind that, etc.

- Symptoms of Master/Slave Relating
 1. Only one person is speaking. One partner is quiet.
 2. Arguments
 3. MasterTalk
- To become Democratic and Fair, you must abandon both the Master and the Slave Positions.
- Dialogue makes room for other opinions. It invites communication.
- MasterTalk is not about communication. It tests the obedience of the listener..
- MasterTalk intentionally or unintentionally threatens those with other opinions.
- It seems much easier to move from Master to Friend than from Slave to Friend.
- It seems much easier to note another person using MasterTalk than your own use.
- Learn to laugh when someone catches you in MasterTalk.
- Invite people out of MasterTalk.

Ask them to rephrase their message as an "I" message.

- Example mirrors of MasterTalk
 - Master form (goal is to rephrase the message in its dialogical form)
 - "It is hot today." ≈ "So you think it is hot today."
 - "This test is unfair." ≈ "You think this test is unfair."
 - "No, it is a fact!" ≈ "So you strongly believe in that."
 - "What is important to talk about is..." ≈ "You prefer we talk about that."
 - "What really happened then was..." ≈ "What you recall happening is...."
 - "That is wrong!" ≈ "So you believe something very different."
 - "The truth is that..." ≈ "You believe that ..."
 - "I know this to be true." ≈ "You feel pretty sure in what you believe."
 - Slave form (goal is to invite the sender to share their thoughts)
 - "Is this test fair?" ≈ "Good question. What do you think?"
 - "What is the right way to do this?" ≈ "Good question. Would you share your guess about how to do it?"
 - "I don't know." ≈ "Well, I hear you aren't sure, but what is your guess?"
 - "Are we going out tonight?" ≈ "Good question. I haven't thought about it. Share what your thoughts are, please."

Avoid using the verb "to be". Look up E-prime on the web.

- Victimicity - A strong preference for the Slave position. Lots of blaming.
- **Tyrant Scale:** Test a person by mirroring an obvious MasterTalk statement. Watch their reaction. E.g. "She lies!" ≈ "So it is your belief that she lies. Did I get that?"
- Lack of patience will move you toward Master/Slave. Learn patience, now! Develop Turbo-patience.
- Excellent boundary skills are needed.
- Use the ladder of certainty rather than resorting to speaking of facts.

