

3 Strategies for being Open



Openness involves- trust; transparency, and courage with self and others; self-awareness; empathy; confidence in one's adequacy; and a willingness to ask for and receive help.



Disclose your own feelings and wants

- *I want you to be happy.*
- *I am scared too.*
- *I am uncomfortable with what you are saying.*



Invite and validate other's feelings and wants

- *I am feeling nervous.*
- *How are you feeling about this?*
- *I sense this could be difficult. What do you want from him?*
- *I care about how you are experiencing the restructuring.*
- *That sounds exciting.*



Empathize through personal experience

- *I remember feeling like this.*
- *I know what it feels like to want something really badly.*
- *You aren't alone. This happened to me too.*