

ASSERTIVE AND CONNECTING COMMUNICATION

# UNARGUABLE TRUTH AND BOUNDARY STATEMENTS

HOW TO TAKE RESPONSIBILITY FOR MISHAPS AND APOLOGIZE

Clearly communicating your genuine wants, needs, likes, stances, expectations and limits opens opportunities to see and feel real action-based love, care and/or respect. Your Unarguable Truths are aligned with your true feelings, values, self-trust and confidence. Unarguable Truth does not blame, assume, criticize, defend or explain. It is clear. It is your truth.



**LOVE AND RESPECT ARE VERBS! ASK FOR WHAT YOU WANT AND NEED INSTEAD OF COMPLAINING OR SHAMING**

Taking 100% RESPONSIBILITY (power) to process your emotions and communicate your wants, needs, likes, stances and boundaries allows you to communicate your Unarguable Truth and Boundary Statements clearly.

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**"If you want a better relationship and life, you will need to give up making a project out of changing the relationship or your partner and instead make a project out of expressing your own wants and needs."**

-  
Jenny Brown, PhD

# UNARGUABLE TRUTH EXAMPLES

TAKE 100% RESPONSIBILITY (POWER) TO COMMUNICATE

I like \_\_\_\_\_

I want \_\_\_\_\_

I need / don't need \_\_\_\_\_

My expectation is \_\_\_\_\_

I would like \_\_\_\_\_

My favorite \_\_\_\_\_

My stance on this is \_\_\_\_\_

I have decided \_\_\_\_\_

My belief on this is \_\_\_\_\_

My plan is \_\_\_\_\_

My limit is \_\_\_\_\_

I hear you \_\_\_\_\_



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# 100% PERSONAL RESPONSIBILITY

NOT OVER 100% OR UNDER 100% RESPONSIBILITY

**100% RESPONSIBILITY (POWER)** to process and understand our own emotions (emotions tell us our genuine likes, dislikes, wants, needs and needed boundaries)

**100% RESPONSIBILITY (POWER)** to know our own S.E.W.N. (stances, expectations, wants, needs and needed boundaries)

**100% RESPONSIBILITY (POWER)** to communicate our S.E.W.N.

**100% RESPONSIBILITY (POWER)** to ASK others what they want from us instead of making assumptions, accusations or saying what they should do (unsolicited advice/criticism).

Ideally say, "Would you like my advice?" or "How can I help?"



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# S.E.W.N.

## BASIC TYPES OF UNARGUABLE TRUTHS

**STANCE** (make sure this is really what you believe)

"My stance / perspective / idea on this is \_\_\_\_\_"

**EXPECTATION** (make sure this is really what you expect)

"My expectation is \_\_\_\_\_"

**WANT / LIKE**

"I want / like \_\_\_\_\_"

**NEED** (includes boundaries like saying "I need to say no.")

"I need \_\_\_\_\_"



# 5 LOVE LANGUAGES

## BASIC TYPES OF UNARGUABLE TRUTHS

Remember love and respect are based on action. Love is something we can see with our eyes, feel with our skin or hear with our ears.



I'd like to do something for you that you'll appreciate. Ideas?

Words of  
Appreciation



I want to watch this movie with you tonight.

Quality  
Time



Thoughtful  
Gifts



I want help making dinner.

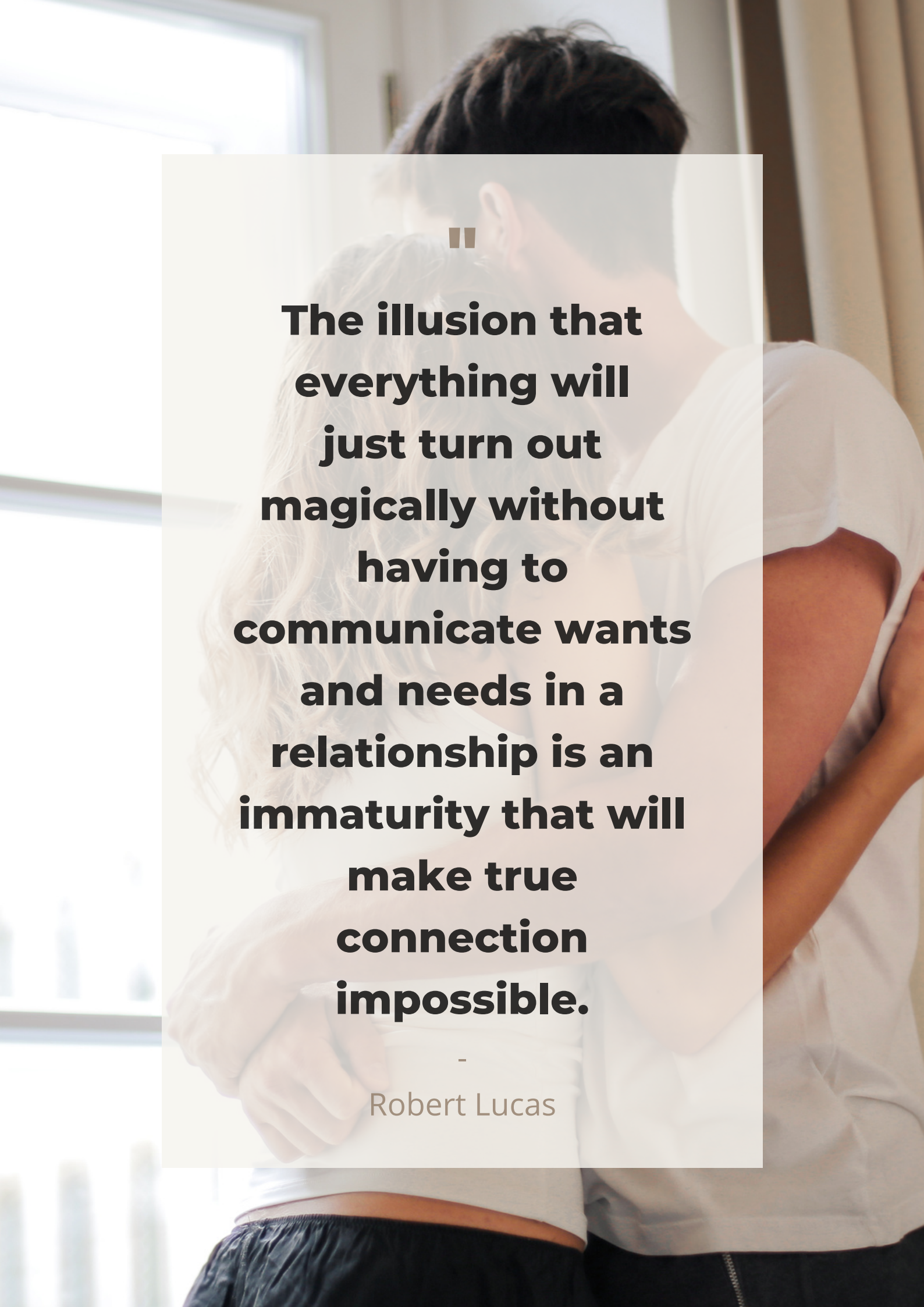
Acts of  
Service



Caring  
Touch

I need a hug please.

Our Unarguable Truths tend to be based on communicating our want or need for one or more of the Love Languages, as they are action-oriented ways to feel connected with, cared for and/or assertive respect.

A photograph of a man and a woman embracing in a room. The man is on the right, wearing a white t-shirt, and the woman is on the left, wearing a white t-shirt and dark shorts. They are both looking down and smiling. The background shows a window with light coming through. The text is overlaid on a semi-transparent white rectangle in the center of the image.

||

**The illusion that everything will just turn out magically without having to communicate wants and needs in a relationship is an immaturity that will make true connection impossible.**

-  
Robert Lucas

# EXAMPLES

ARGUABLE

I feel you hurt my feelings.

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UNARGUABLE TRUTH

I don't like how I'm feeling right now. I want a hug please.

ARGUABLE

You're always late.

---

UNARGUABLE TRUTH

I like when you're on time. It's important to me.

ARGUABLE

You care more about work than me.

---

UNARGUABLE TRUTH

I want more quality time together. I like enjoying time together.

ARGUABLE

You still have feelings for your ex because you like all her Insta posts.

---

UNARGUABLE TRUTH

I don't like you liking your ex's posts.

ARGUABLE

You drink too much. You have a problem. Go to therapy.

---

UNARGUABLE TRUTH

I don't like seeing you drink as much as you do. What are your thoughts on your drinking?



# EXAMPLES

ARGUABLE

---

I feel you're attacking me.

UNARGUABLE TRUTH

I don't like how I feeling right now. I need a 10 minute walk to think.

ARGUABLE

---

This argument is going nowhere.

UNARGUABLE TRUTH

I need to think about this so I have more clarity before discussing this.

ARGUABLE

---

You don't compliment me enough.

UNARGUABLE TRUTH

I want more of your compliments. I love them.

ARGUABLE

---

I'm sad you don't understand me.

UNARGUABLE TRUTH

I want to feel understood so I'm going to word this differently.


ARGUABLE

---

You have no idea what you're talking about.

UNARGUABLE TRUTH

My stance on this is \_\_\_\_. I like the research I've done and where I'm at with it.

A man and a woman are shown in profile, facing each other. The woman is on the left, with long, wavy brown hair and red nail polish. The man is on the right, with dark hair and a beard. They appear to be in a conversation or argument. A semi-transparent white box is overlaid on the center of the image, containing text. The text is in a bold, black, sans-serif font. The background is a plain, light color.

“  
**If you are  
arguing  
you are  
saying  
something  
arguable.**

-  
Julia Colwell, PhD

# ARGUMENTS AND BEING 'RIGHT'

- We are raised to think critically, to articulate concepts and have the 'right' answer.
- This works at school, work, debates, many areas of life,
- But it doesn't work well in relationships with family, friends, coworkers and loved ones, as it leads to arguments, defensiveness and Conflict/Drama Triangle.



## VERSUS

# UNARGUABLE TRUTH

- Allows for clearly stating your real wants, needs and limits (boundary needs)
- Opens up opportunities to feel real action-based love, care, connection and respect
- Aligned with genuine feelings, values, wants and needs
- Prevents getting pulled into the Conflict/Drama Triangle
- Prevents resentment and unclear communication

**SPEAKING OUR UNARGUABLE TRUTH OFFERS OPPORTUNITIES FOR SECURE RELATIONSHIPS, CONFIDENCE, SELF-WORTH, LOVE AND RESPECT**

# BOUNDARY STATEMENTS

*Communicating a boundary involves speaking clearly with "I" statements*

Ensure you are truly speaking your needs and limits, and that they are 100% within your power.

Boundaries are **not** about telling others what to do.



I CAN HELP, BUT I CANNOT DO THIS FOR YOU



I WILL NEED TO LEAVE THE ROOM IF YOU ARE YELLING



I NEED TIME TO PROCESS THIS, SO WE CAN TALK ABOUT THIS FRIDAY



I NEED, WANT, OR HAVE THIS SPECIFIC LIMIT \_\_\_\_\_



I HAVE THOUGHT ABOUT THIS AND THIS IS MY STANCE ON THIS



HELP ME UNDERSTAND HOW I CAN HELP YOU



I LIKE WHEN YOU \_\_\_\_\_  
I DON'T LIKE WHEN YOU \_\_\_\_\_  
I'D LOVE TO TRY \_\_\_\_\_



NO THANK YOU  
(WITHOUT J.A.D.E. JUSTIFYING, ARGUING, DEFENDING, EXPLAINING)



I HEAR YOU. THANK YOU FOR SHARING YOUR VIEW / OPINION / FEELINGS



Boundaries are the distance at which I can love you and me simultaneously

Prentis Hemphill

# BALANCED INTERDEPENDENCE

Healthy Boundaries to Build Trust, Respect and Love



**If you want a better marriage, you'll need to give up making a project out of changing the relationship or partner and instead make a project out of expressing your own wants and needs.**

Jenny Brown, PhD

*enmeshing*  
**CODEPENDENCY THINKING**

BLURRY BOUNDARIES

COMPLIANCE and ANXIETY

I see you are mad and it's my fault and responsibility to fix your mad feelings.

I hear what you're saying but you **should** \_\_\_\_\_. I know what's best for you.

You **should** stop that! Here's my advice and what to do.

I don't want to lose you or disappoint you so I will only focus on your needs.

I see you are sad and I need to 'fix' your feelings, 'rescue' you or correct your opinions.

It is my job to guess, second guess, mindread, or figure out what you're thinking, mad about or what you're needing.

*empowering*  
**INTERDEPENDENCY THINKING**

BALANCED BOUNDARIES

RESPECT and TRUST

I see. What are you needing from me? **OR** I need to take time away to process this.

I hear what you're saying. Thank you for being honest (Respect at Face Value).

I want to help. **How** can I help?

I need to have, honor and understand my own needs and wants, while honoring yours.

I'm here to listen. Just being here is loving and supportive. (Openhearted Listening).

I can ask and be curious but it's your job to tell me what you need. We can also work together to decipher needs.

# CONTRASTING TO IDENTIFY WANTS AND NEEDS

Our mind tends to direct our thoughts on fears and negative experiences more than on our wants. It's trying to protect you from painful things happening again.

Leverage your negative experiences to discover and focus on what you want.

## EXPERIENCES IN RELATIONSHIP THAT I DON'T LIKE NOR WANT HAPPENING

Example: My husband telling me he has 'issues' with me but withholding what they are, saying 'it's too much to talk about.'

## DESCRIBE THE OPPOSITE. THIS IS LIKELY WHAT YOU DO WANT.

Example: I want to know my husband's list of 'issues' so we can communicate and resolve the issues together.

# CALIBRATING YOUR WANTS, LIKES AND DISLIKES

Yes, this is simple! That's the point, to remind you of how simple our wants, likes and dislikes are. Our taste buds, senses and emotions tell us directly. We get confused in relationships because we focus on THEIR wants OR what we should like or what we should want based on our family or societal expectations.

**FOODS I CRAVE AND LIKE AS THEY  
TASTE GOOD TO ME**

**FOODS THAT DISGUST ME  
I DON'T LIKE AND DON'T WANT**

**MUSIC I ENJOY LISTENING TO  
I LIKE AND WANT THIS MUSIC**

**MUSIC THAT ANNOYS ME  
I DON'T LIKE AND DON'T WANT THESE**

**ACTIVITIES I ENJOY DOING  
I LIKE AND WANT THIS**

**ACTIVITIES I LOATH  
I DON'T LIKE NOR WANT**

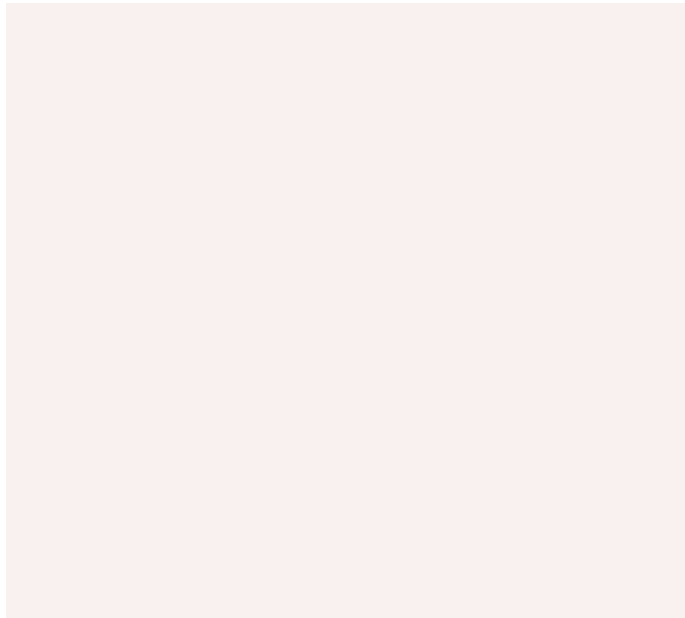
**WORDS I LIKE HEARING FROM OTHERS  
I LIKE AND WANT MORE OF THESE**

**WORDS THAT HURT MY FEELINGS  
I DON'T LIKE AND DON'T WANT THESE**

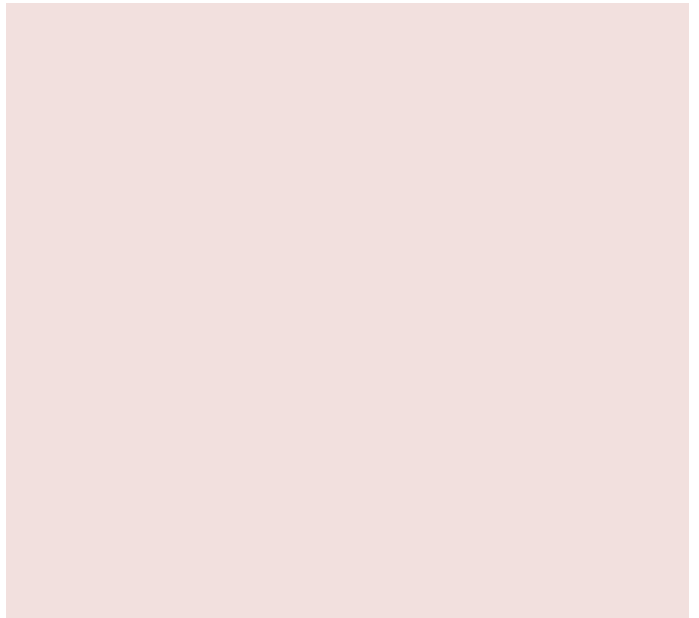


# FEELING YOUR FEELINGS TO UNDERSTAND 'Want Signals'

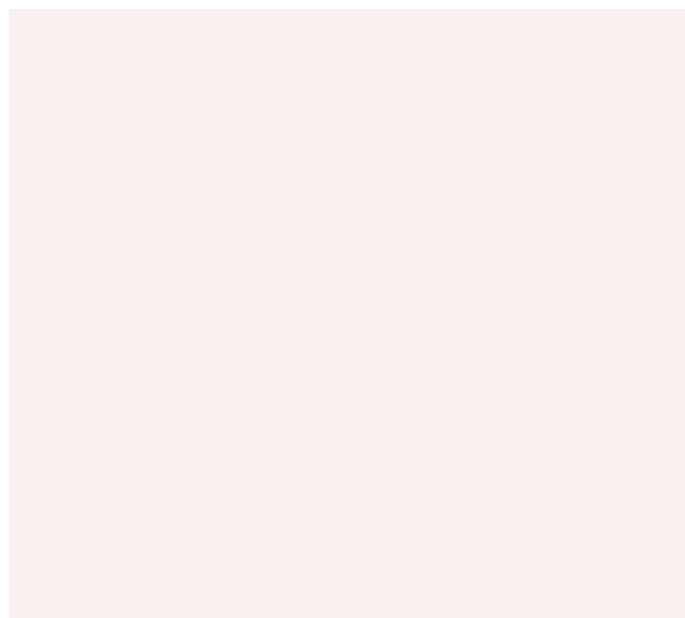
Close your eyes and focus within. Feel for sensations from head to toe, like hunger, tightness, warm, fluttering, etc. Calm or anxious? What do you notice?



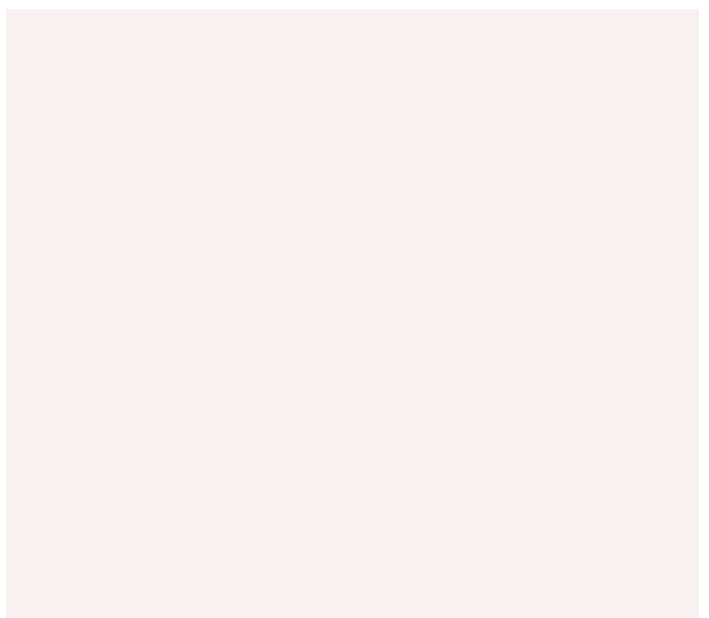
Imagine your favorite food. What are you envisioning? What does it taste like? What sensations do you notice in your body? These are your 'want' signals.



Imagine the most perfect day. Where are you? What are you doing? Anyone with you or enjoying solitude? What sensations do you notice in your body?

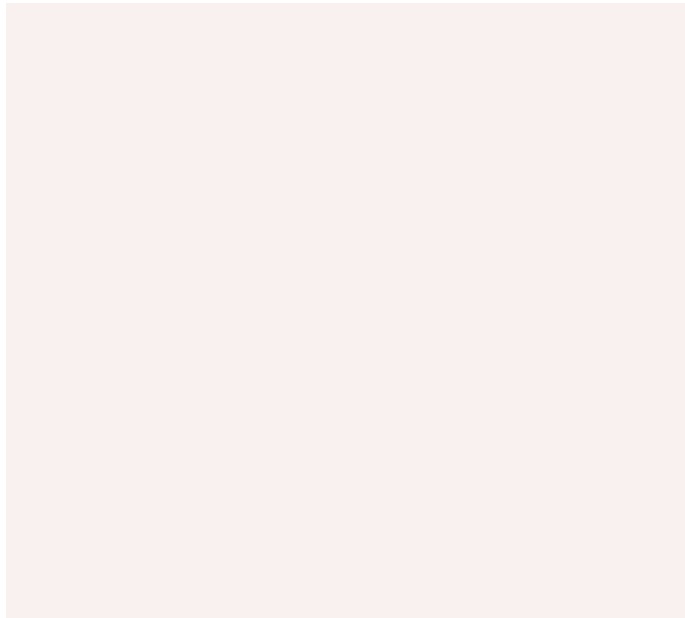


Using what you've described and noticed in your body sensations, write about how your 'want' signals feel. List 8 words that describe how your 'want' signals feel.

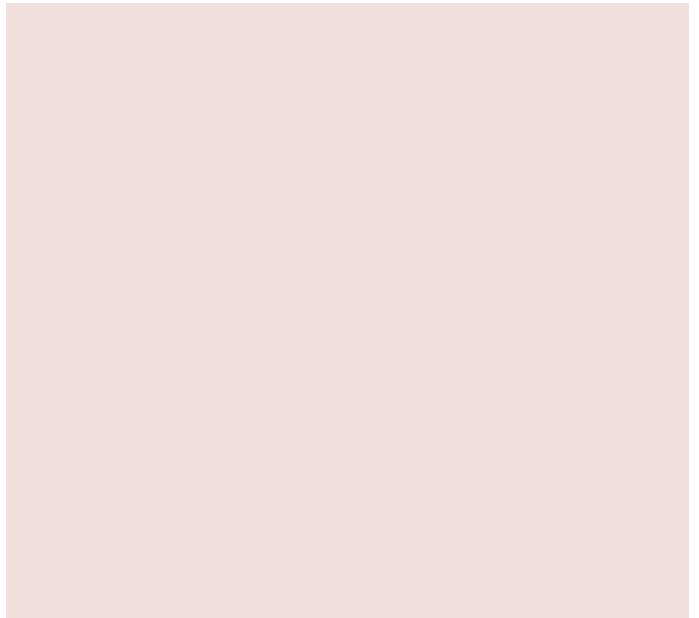


# FEELING YOUR FEELINGS TO UNDERSTAND 'Don't Want Signals'

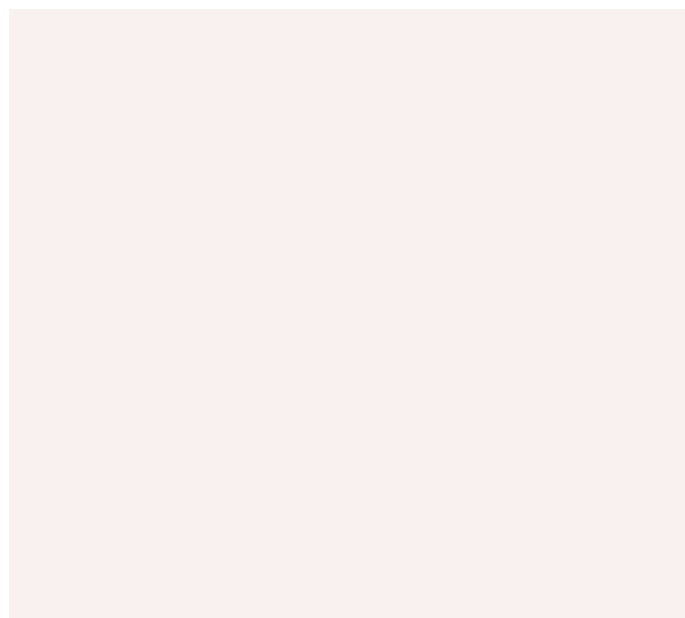
What is the most disgusting food you've ever had? What did it taste like? What sensations do you notice in your body? These are your 'don't want' signals.



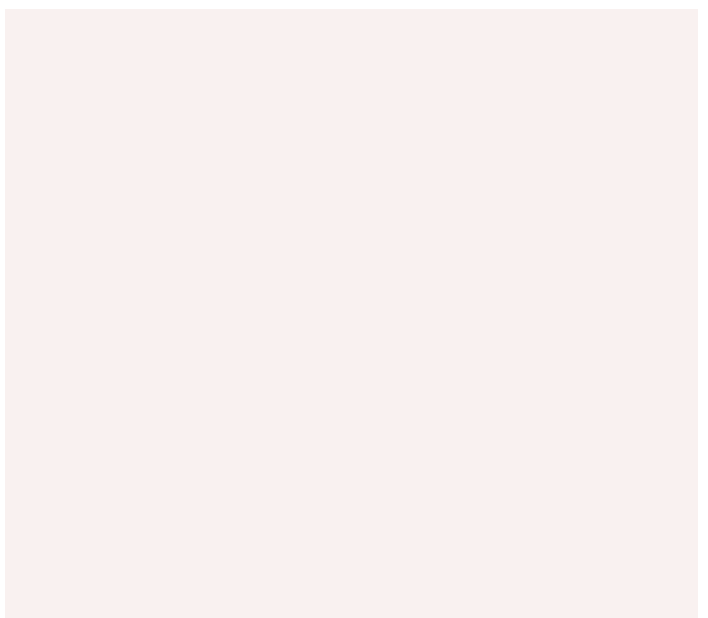
Recall one of your most embarrassing, scared, isolated or sad moments in school as a child. Describe in detail. What sensations do you notice in your body?




Describe a time you were mad. Maybe someone insulted you, had political belief or put you in danger. What sensations do you notice in your body?



Using what you've described and noticed in your body sensations, write about how your 'don't want' signals feel. List 8 words to describe how 'don't want' signals feel.



A photograph of three women in white robes laughing and clapping on a bed. The woman in the center is holding a white envelope. A floral wreath is on the wall behind them.

“  
**I define connection  
as the energy  
that exists between  
people when they  
feel seen, heard, and  
valued; when they  
can give and receive  
without judgment;  
and when they  
derive sustenance  
and strength from  
the relationship.**

-  
Brene Brown, PhD



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If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line [www.crisistextline.org](http://www.crisistextline.org)

Suicide Prevention [988lifeline.org](http://988lifeline.org)

National Domestic Hotline [www.thehotline.org](http://www.thehotline.org)