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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 Describes a behavior that has a negative impact on the speaker.

D.E.S.C. Script for Assertiveness - Fort Myers, Florida
D.E.S.C. Script for Assertiveness Assertiveness is a manner of behaving that communicates respect for others as well as commands respect for yourself.

Using DESC to Make Your Difficult Conversations More Effective

To develop more assertiveness, practice using the DESC script. Try writing down what you will Try writing down what you will say and practice it before you talk to the person.

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

THE DESC MODEL FOR ASSERTIVE COMMUNICATION describe the ...

THE DESC MODEL FOR ASSERTIVE

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

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