

the **KISS** principle  
(Keep it Short &  
Simple)



### The Seven Steps to Positive Communication

- brief
- positive
- specific, clear
- label feelings
- understanding statement
- partial responsibility
- help

### Example below uses some of the steps:

*“Hey, I’m concerned (label feelings) that you haven’t found a job. I know how difficult it is to get your resume together and look for leads (understanding statement), but I would like you to spend three hours a day applying for jobs (specific, clear). If it would help, I can spend some time with you this evening to go over your resume” (help).*

The request is brief and direct without a lot of drama and blaming. It also offers the opportunity for the parent to reinforce their behavior, assuming they follows through with the request. This means that when they comply with the request, in turn, the parent may send a text with some praise, bake their favorite cookies, give them a hug – anything that reinforces the behavior the parent wants to see increase.

It’s important to recognize that using this tool is a process and probably won’t roll off your tongue initially. With practice though, it will become easier.

### Now, it’s your turn! Create your own requests using **KISS**.

Briefly explain a request you want to make of your child, and we can work through it using the **KISS** Principle/ 7 Steps to Positive Communication.