

AGREE & DIVERT technique

5A2

Instead of starting an argument with someone who criticises us, we look for something to agree with, within the perhaps exaggerated criticism.

We do this to move on to what we really want and need rather than getting bogged down in a pointless argument.

We keep cool and divert the attention away from our 'fault' by agreeing (with what we can, check if you can find a grain of truth in the criticism to agree with) and then moving on to something more important.

PAUSE and remember/write down a situation where someone criticises/criticised you.

Think about how you could somehow agree with something and then move on to something more important to talk about – write this down

and/or share this thought within a group or with a partner

In Twos, ROLE-PLAY to divert criticism

Person A: criticises **person B** for one of the following:

- being arrogant
- bullying behaviour
- weakness
- selfishness
- telling tales or
- something of one's own choice

Person B: agrees as much as possible without losing dignity and then changes the topic of conversation to something more interesting. **Afterwards: swap over**

Discuss whether you find this a useful skill