



## More co-operation is just a strategy away...

Do you have to ask over and over for things to be done before anyone takes notice? A lack of cooperation leads to frustration and before you know it you catch yourself raising your voice with the people you love most. Nagging and shouting are both exhausting and ineffective, so there must be a better way.

### Ask once and keep calm

**Ask once** in a way that clearly communicates your expectation. Be **specific** about **what**, **when** and **how** you want the task done. Eg. "Josh, I would like you to set the table. Dinner will be ready in 15 minutes so please do it before then." (Note: Check people know **how** to do something if it's the first time. You may need to show them.) If you come to the table and it's not set in time, just breathe and ask someone else to set the table (or do it yourself) and calmly explain to Josh that he's now on clean up duty since he wasn't able to set the table as asked. (Immediate consequence!)

### Consequences – keep them logical

Implementing a logical consequence is so much more effective than venting your frustration and although it may take a time or two for others to get used to the idea, they'll soon realise that it's in their best interest to act sooner than later. The consequence of doing dishes, as above, is logical and keeps the focus on being part of the team. It's also more respectful than taking away a valued possession or preventing Josh from doing something he would really enjoy at a later date, unless his favourite activity just happens to coincide with dish duty time. Added incentive to co-operate next time!

### Remember to acknowledge effort given

If Josh did set the table, it's imperative to let him know how much you appreciate his cooperation. "Thanks so much for setting the table Josh, your help made a big difference to me."

If you could be like a fly on the wall, you may discover that there is a predictable number of times you're currently asking for help before you get frustrated and either do it yourself (resentment) or raise your voice (regret). This may be working for others but it leaves you feeling cranky and unsupported and they're missing out on the **joy of being a valued member of a cooperative team**. It's time for a change! Experiment with saving your breath, making your request once and if necessary, implement a logical consequence. Out with resentment and in with contentment!

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au).

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- ✓ Save your breath and only ask once.
- ✓ Expect the best of others and provide a framework that acknowledges them when they do.
- ✓ Keep consequences logical to enjoy more respect and cooperation.

**"The keystone of successful business is cooperation. Friction retards progress."**

James Cash Penney

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