

# LASER SPEAK

## Communication Model for Setting a Boundary

**Laser Speak** is a model of communication that uses:

- As few words as possible to convey what you want to have heard
- As few words as possible to ask for the information or response you require

It is a way of speaking that is *direct, clear, specific, and to the point*.

**DIRECT:** Speak directly to the person involved whenever possible, not to a third party. If you must go through a third party, do whatever you can to ensure that your own words and ideas are presented.

**CLEAR:** Say what you really mean without couching your agenda or purpose in superfluous language. Speak without trying to explain yourself at the same time. Clarity on your part invites clarity from the other party or parties involved.

**SPECIFIC:** Do not speak until you have a well formulated idea or sentence in mind that states what you really want and intend. Put everything in writing first, if that helps you, and highlight your key points. This will keep you focused in the conversation.

**TO THE POINT:** Drop all emotionally laden words and phrases whenever possible, as they could possibly invite more confusion. Keep your voice even and calm. If the conversation drifts away from your target agenda, you can easily guide it back by using short phrases or questions with key words from your opening statements.

### **BENEFITS OF USING LASER SPEAK:**

- It keeps you from wasting time merely attempting to get your point across.
- It keeps the other person or persons engaged in the agenda at hand.
- It invites greater clarity, and efficacy in solving problems, presenting information, or setting boundaries.