

Example Declarative Statements that are More Direct, Provide Specific Information, and Prioritize Autonomy

Less Direct/Inferential Statements

These statements require the recipient to infer intention and therefore increase both the cognitive load & demands on processing in the moment.

Mom is carrying heavy bags!

I see your coat on the hook.

Your friend is curious about your Pokémon cards.

What a mess!



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More Direct Statements

These statements are still declarative, while also giving additional information to support social information processing & prioritizing autonomy.

Mom is carrying heavy bags, and I think it will help her a lot if we hold open the door. I'm happy to do it or you could.

I can see it is cold out today. Yesterday was like this too and I remember you were glad you had your coat. If you'd like to bring it, it is on the hook.

Your friend is curious about your Pokémon cards. If you are comfortable, I bet he would love to look at them with you.

It will help me stay organized if I clean up this mess. I'd love your help if you are up for it.

As always, your underlying intention and whole communicative presence matter. Try to approach each opportunity with a giving over getting mindset, use open and inviting body language, and speak using a neutral tone of voice.