FAST (communication and boundaries)

PROGRESS PSYCHOTHERAPY

This framework is about communicating effectively without giving up your boundaries. It has 4 key elements.

Fairness- This means being fair both to you and the other person, not one or the other.

Apology?- consider whether or not you owe the person an apology, even if they say you do. If you have done something to hurt them it is good to apologise. But, it is not helpful to apologise for having a different opinion, for having feelings (only behaviours or poor communication), disagreeing or saying no to something that feels wrong. There is no shame in those.

Stick to your values- do not allow yourself to be pushed into an action or take a position that feels wrong to your values. It is fine if the other person doesn't agree or wants things to be different but they need to accept your feelings just as you need to accept theirs.

Truth- Be honest in your views and opinion. Don't say something as you think you need to fit in. Don't change a story to make it fit what others want better. Be true to yourself.

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