



## Making Positive Requests

Making positive requests in a direct, pleasant and honest way helps you get what you want and need from others. Requests are different from demands. Demands annoy people. Requests made in a positive way help you build cooperative relationships in which each person's contributions are respected and valued.

### To make a positive request:

1. Look at and lean toward the other person.
2. Have a pleasant facial expression or smile when you start to speak.
3. Use a warm tone and accentuate positive feelings.
4. Specify and clarify exactly what you would like the other person to do or say.

**For example:**

"Mowing the lawn would be a big help to me."

"It would be a terrific load off my mind if you would take your medication each morning".

"It's important to me that you see your doctor."

5. Accent positive feelings. Let the person know how you would feel if your request was granted.

**For example:**

"I would feel much better if you would \_\_\_\_."

"It would make me feel good if you would \_\_\_\_."

### Matters that might be dealt with using positive requests include asking the person to:

- Take medication regularly
- Engage in a particular activity
- Do a favor
- Engage in conversation
- Provide some help in solving a problem