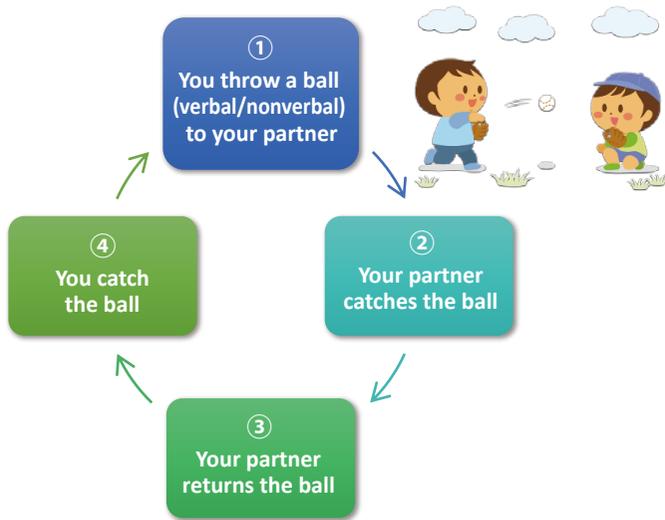


Firstly

Communicating is like playing catch.



You can become better at playing catch by practice.

Are you throwing the ball to your partner proactively? Are you being too passive and expecting your partner to know what you want?

Are you throwing the ball so that your partner may catch it easily? Are you speaking harshly because you are too emotional?

Are you throwing the ball so that it may be easy to catch? Is the distance between you and your partner too close or too distant?

This leaflet will give you some tips about communication (how to throw and catch the ball).

Please do not hesitate
to consult us
if you have trouble
getting along with others or
communicating

On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

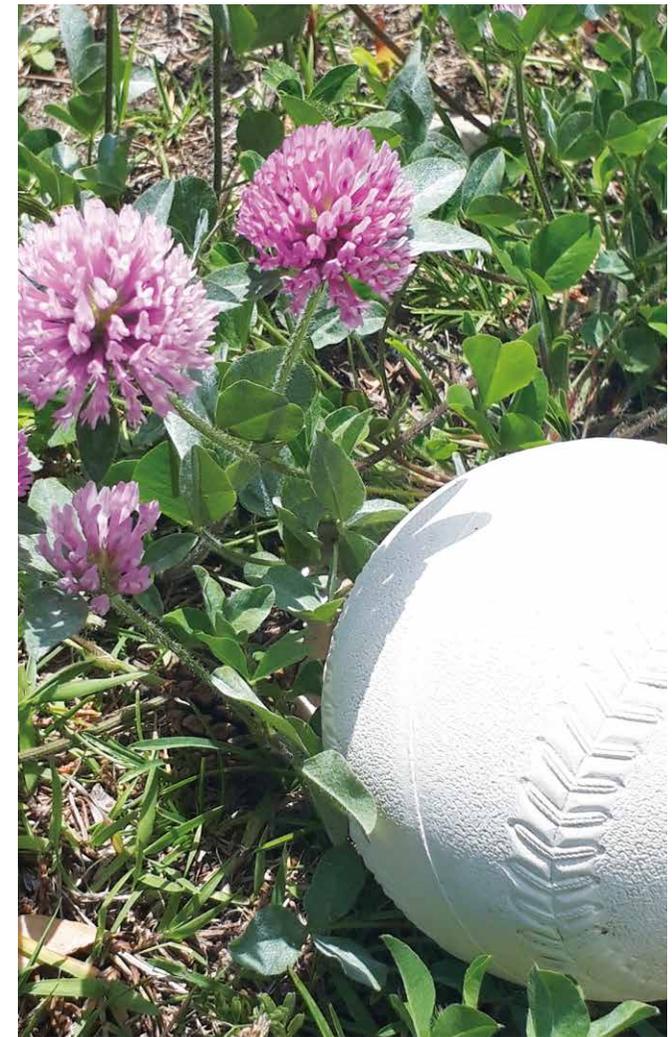
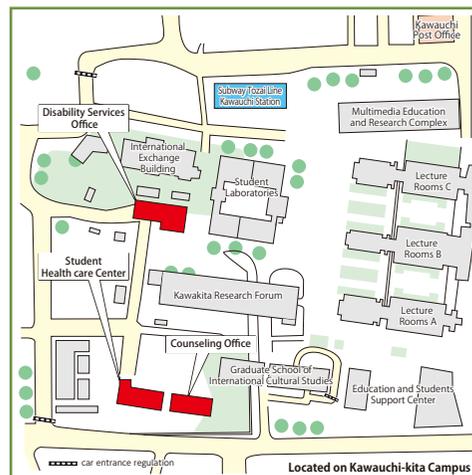
Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>



EMPOWERMENT Series⑨

Communication

practicing catchable communication

Center for Counseling and Disability Services
Tohoku University

Gently throw the ball

For people who cannot throw the ball

If you cannot throw the ball, it could be because you are afraid that your partner may not catch nor return the ball, or that you are too passive, or it may be because you are expecting your partner to know your thoughts.

Say something

Let's start by saying, for example, "Good morning," "Hi," etc.

Try talking

Without using words, you cannot convey your feelings to others. Don't worry about not being able to talk well, let's start by just talking.

Change your perspective

Even if you did throw the ball, your partner's reaction may be different from what you expected. You may not always get the sympathy or support, but that is okay, too.

For people who tend to throw the ball strongly

If you tend to throw the ball strongly, it could be because you become too emotional if others have different opinions or ideas from you, or because you tend to insist on your opinion too much.

Pause for a moment

Before throwing the ball, you should pause for a moment and consider the strength, speed, and position so that your partner may easily catch the ball.

Change perspectives

It is perfectly fine for people to have different preferences, values, and ways of thinking. Respect the values and thoughts of your partner.



Carefully catch the ball

"Attentive listening" is a way of listening to another person carefully. It means "listening by directing your ears, eyes, and mind to the speaker," or "listening to others with an open mind."

If you cannot catch the ball because you are too scared

You may prefer not to catch the ball or listen to others because you cannot predict what they would say. Let's be a bit brave and try to catch the ball. If you try to catch the ball, your partner may unexpectedly throw the ball softly to you.

If you tend to be picky about the ball you catch

If you happen to evaluate or deny the ball thrown by another person, do not think about the likes/dislikes or the good/bad, and accept the ball as it is. Let's try to communicate by respecting both yourself and your partner.

In summary

Relating with others may give you energy but it may exhaust you, too. If you are tired, keep a distance from others and enjoy your own time.

Sometimes problems related to interpersonal relationships and communication may negatively affect your daily life and study, and you may need support from a specialist. When needed, please use the on-campus student counseling services.

