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Seven Truth in Love Skills © 2022-07-31

Orange Belt Question: What are the seven Truth in Love Skills?

Orange Belt Succinct Answer:

1. Choose appropriate people, time, and place.
2. Get permission to share.
3. Describe my Five Senses (what I see, hear, smell, taste, feel).
4. Use accurate words.
5. Avoid inaccurate (inflammatory) words.
6. Use “And” to describe dialectical tensions.
7. Ask how they see it differently.

Why These Skills Are Important:

- Respectfully speaking my thoughts makes it easier for others to respectfully speak their thoughts, which makes it easier for us to create and complete effective solutions.
- [Free Video 10, 7:14-7:36 \(Great Time Working A Puzzle Together\)](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, p. 77 \(Words Are Like Fire\)](#)

Explanations of the Orange Belt Succinct Answer:

- See pg 2
- [Free Video 10, 0:40-7:36](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 77-86](#)

Illustrations of the Skills:

- [Free Video 10, 6:12-6:53 \(Puzzle Pieces in Pockets\)](#)
- [Muddling Along or Unity, pp. 84-86 \(Puzzle Pieces in Pockets\)](#)
- [Muddling Along or Unity, pp. 77-84 \(Tame the Lion\)](#)
- [Muddling Along or Unity, pp. 81-82 \(Stapler Incident\)](#)



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Explanations of the Orange Belt Succinct Answer Cont'd:

1. Choose appropriate people, time, and place

- a. Criticize, correct, or debate only in private only the person/people involved
- b. Speak praise to almost anyone, anywhere, anytime

2. Get permission to share

- a. Get permission from people who will not be in the room to share their thoughts in the room
- b. The only time to carefully break this rule is when the originator is being unethical, immoral or illegal
- c. Spirit of this step - Avoid gossip and avoid sharing information another person deems sensitive. Speak to the person, not about the person. Managers have implied permission to discuss with each other what direct reports have said that relates to business; however, those managers have to be careful not to slip into gossip.

3. Describe my Five Senses (what I see, hear, smell, taste, feel)

- a. Advanced - after you get comfortable and skilled naming what you sense with your five senses, you can start developing skill in:
 - i. Naming my emotions and how I'm trying to figure out what interests or values they are indicating
 - ii. Succinctly describing my working theories, beliefs, and/or possible solutions
 - iii. Etc.
- b. Accurately and lovingly describing my perspective is a lifetime pursuit

4. Use accurate words

- a. Ownership language: "I have noticed . . ." "From my perspective . . ." "My opinion is . . ."
- b. Descriptors: "Often," "Sometimes," "a few times lately," ect.

5. Avoid inaccurate (inflammatory) words

- a. "Always" and "Never," especially next to "you" - "you always . . .," "you never . . ."
- b. "You make me . . ."

6. Use "And" - to describe dialectical tensions

- a. and, also, in addition, on the other hand, however, etc.
- b. Most of the time when I would naturally say, "but," I should use "and"

7. Ask how they see it differently – this invites dialog and different opinions