

HOW TO SPEAK UP FOR YOURSELF BY ADAM GALINSKY

3. Complete the sentences with words from the previous task.

1. The government is trying to **DEFUSE** tensions over cuts in public spending.
2. Advertisements like this **DEMEAN** women.
3. Students are caught in a **DOUBLE BIND** between unemployment and cuts in education.
4. The minister **DISMISSED** claims that he had accepted bribes.
5. The government has now greater **LEEWAY** to introduce reforms.
6. The political situation was becoming more **VOLATILE**.

VIDEO & DISCUSSION

4. Discuss:

- The speaker mentions the following tools we have to advocate for ourselves. Explain what each tool means and how useful you find them:
 - *perspective-taking*
 - *a mama bear*
 - *gain allies*
 - *advice seeker*
 - *show passion*
- Are there any gender differences in terms of speaking up for oneself?
- Do you think you speak up for yourself often?