OTFD

A COMMUNICATION TECHNIQUE

A SuperCamp technique that’s effective for resolving relationship problems or giving praise is OTFD. OTFD stands for the steps in this communication process. The goal behind this tool is to articulate feelings in a positive and direct manner.

People feel more comfortable when they don’t have to guess what another is feeling or thinking – OTFD facilitates clear and “visible” communication. By practicing this technique regularly you and your son or daughter can build a safe environment to resolve differences, and maintain a strong relationship.

Observe

Something you observed with your senses that anyone else can observe.
Example: “I noticed you came home 20 minutes after your curfew last night.”

Think

A thought or opinion about what you observed.
Example: “My thought is that you don’t respect the rules we agreed on about a curfew.”

Feel

A feeling you had about what you observed.
Example: “I feel disappointed because you didn’t uphold your side of our agreement.”

Desire

What you want (your desire).
Example: “My desire is for you to be responsible enough to get yourself home on time. If you are going to be late, I would like to have an agreement that you will call before your curfew.”

Speaking with Good Purpose is the cornerstone of healthy relationships.

Communicate with:
positive intent
•
honesty
•
directness

from The 8 Keys of Excellence: Principles to Live By – Bobbi DePorter
When an apology is necessary, we suggest the Four-Part Apology. This technique allows the person to look beyond the actual incident to consequences of behavior. By defining those consequences and choosing a different behavior, both individuals remain thoughtful and supportive rather than angry or defensive. If you and your child practice this tool with each other, apologies will be easier and more meaningful.

1. Acknowledge  
Take responsibility for your actions and behaviors. Use “I” statements.

Example: “I acknowledge that I changed our plans about babysitting without checking in with you, and I only told you at the last minute.”

2. Apologize  
Acknowledge the cost to others. If unaware of cost, ask.

Example: “I apologize for not respecting you and for not checking in with you before changing my plans. I know it was hard for you to give up the plans you made with your friends because I needed you to babysit.”

3. Make It Right  
Deal with the consequences of behavior. Ask the person, “Is there anything I can do to make it right?”

Example: “I want to do something to help maintain our relationship. What can I do to make it right?”

4. Recommit  
Make a commitment to appropriate behavior. Commit to not having the same behavior again.

Example: “I agree to always respect you and to always check in with you before making any plans that involve you.”