

## Direct or Indirect Approach

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### Direct

- Precise, explicit language use
- Reliance on face-to-face resolution of 

   disagreements
- Speak your mind
- Willingly states differences
- Problem-solving approach: state the problem, id causes, generate solutions & select best
- Describe the issue accurately

### Indirect

- Analogies, stories, metaphors
- Face-to-face may cause discomfort, so uses other means
- Protect relationship harmony
- Hesitates to voice differences
- Relational repair approach: reinforce cooperative history, seek greater mutual obligation
- Preserve face for all parties

# **Expressive or Restrained**

### Expressive

- Show emotions
- 'Let's off steam' with body language
- Visible display through nonverbal behavior
- Expansive vocalization speech rate, volume, pitch
- Relational trust through 'emotional commitment'

### Restrained

- Disguise emotions
- 'Internalize' fewer visible signs of emotion
- Minimal display through non-verbals
- Less vocalization less variation in speech pattern
- Relational trust through 'emotional maturity'











