How to speak up for yourself
by Adam Galinsky

**speak up** - to say what you think instead of saying nothing

**speak up for someone/something** - to say something in support of someone or something

**WARM-UP**

1. Study the phrases given below and discuss the questions:

   voice your opinion     air your opinion
   speak your mind

   Is it easy to do the following things? Why/why not?
   
   - correct your boss when they make a mistake
   - confront your co-worker who keeps stepping on your toes
   - challenge your friend's insensitive joke
   - tell the person you love your deepest insecurities

**VOCABULARY**

2. Match words with their definitions.

   dismiss     demean     leeway     double bind     defuse     volatile

   a) the amount of freedom that someone has to make their own decisions or to take action
   b) to make people have less respect for someone
   c) liable to change rapidly and unpredictably
   d) to make a situation more relaxed by making people feel less angry or less worried
   e) to refuse to accept that something might be true or important
   f) a difficult situation in which you have two choices, but each one will have a bad result
3. Complete the sentences with words from the previous task.

1. The government is trying to ____________ tensions over cuts in public spending.

2. Advertisements like this ____________ women.

3. Students are caught in a ____________ between unemployment and cuts in education.

4. The minister ____________ claims that he had accepted bribes.

5. The government has now greater ____________ to introduce reforms.

6. The political situation was becoming more ____________ .

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?