

TOOL 8 - FORTUNATELY/UNFORTUNATELY!

Module: COMMUNICATION Worksheet

Objectives:

Awareness of the effect of using «unfortunately» in a conversation.
Awareness of the effect of using «fortunately» in a conversation.
Noticing factors that will increase or decrease the flow in a dialogue.
Creative ways of presenting yourself and listening to others.
Practicing solution-oriented communication techniques.

Materials required:

Books and pencils

Step by step facilitation instructions:

Co-leaders do a demo in front of the room, involving another staff member so the demo is done by three.
One starts by saying “We’ve won a trip to a safari in Africa for all of us. The plane leaves in an hour, the bags are packed. Let’s go!” The next one answers with a “unfortunately.....” The next one answers with a “fortunately” and then they keep going for about 5 rounds alternating using “fortunately” and “unfortunately”.
The point is to use the imagination and creativity to come up with different sentences.
Divide the group in triads and let them do the same as you demonstrated for a about 3 minutes.
Do a debrief of the experience.

Expected duration

30 minutes

Expected outcomes

Learning solution-oriented communication techniques.
Being less rigid in their own opinions and more flexible in ways of thinking and choosing directions in a conversation.
Increased flexibility and problem-solving skills.
Learning that there is at least one «fortunately» in every situation.
Noticing the difference in choosing this perspective.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

