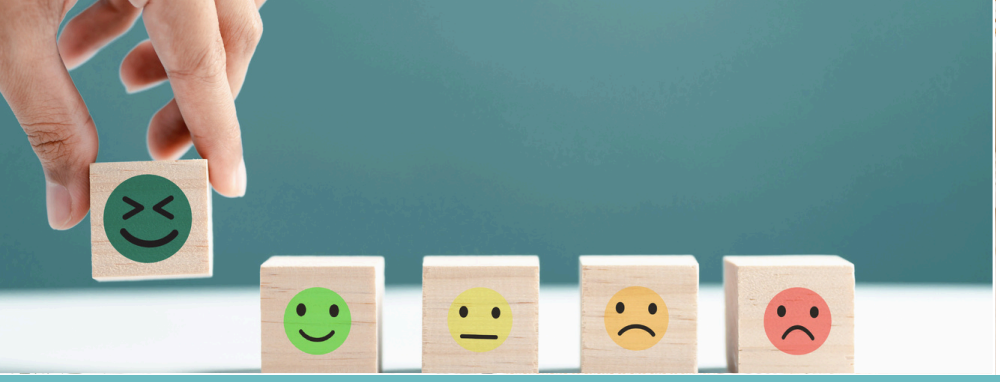


ADR MONTHLY SERIES FOR EDUCATORS NOVEMBER 2026

REGULATE THE DYSREGULATED

SAN LUIS OBISPO COUNTY SELPA

USE AN EAR STATEMENT

EAR statements are a strategy for calming high-conflict situations. When someone is venting, escalating, or struggling with emotional regulation, an EAR statement can support in gaining composure and allow productive communication.

Empathy

"I can see how frustrated you are by this situation and I want to help".

Attention

"I want to hear what's been going on from your perspective so I can really understand."

Respect

"I have a lot of respect for the efforts you have made to deal with this problem."



USING THE STRATEGY

Get the most out of EAR statements by listening closely and choosing the right time to speak. Jump in during a natural break in the conversation, when the person starts repeating themselves, or after they ask a question. While sharing empathy, attention, and respect on their own is helpful, putting all three together is the most effective way to help someone feel calm and heard.

LEARN MORE HERE

Calming Upset People Fast with EAR

4 minute video: The EAR Method

ADR MONTHLY TIPS 2026-27