

what the hell is fogging?

November 24, 2019 | 3 upvotes | by [redditisalostcause](#)

brothers, its as if every term is defined in the glossary except for fogging. anyone care to share?

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Comments

CarelessBowler5 • 5 points • 24 November, 2019 02:03 PM

Dude. Read "When I Say No I Feel Guilty."

That's where fogging comes from.

It will change how you approach every conversation in your life. At home. At work. At church.

I got Best Buy to turn a gift card into \$100 cash for me, following the principles of that book.

Now that I think about it, that would make a good Field Report for the main sub.

rocknrollchuck • 2 points • 24 November, 2019 02:54 PM

Yes, it most certainly would!

CarelessBowler5 • 1 point • 25 November, 2019 06:20 PM

Done: https://www.reddit.com/r/RPChristians/comments/e1k4hz/fr_phone_repair_wisnifg/

GiftOfBlackKnighting • 4 points • 24 November, 2019 12:46 PM*

Imagine that you get an aggressive or manipulative phrase thrown at:

"Oh, redditisalostcause, looks like you stopped being a lazy f and did the dishes"

That phrase contains two things:

1. A correct assertion (you did the dishes)
2. An insult / manipulative statement / aggressive comment (it implies that you are usually lazy)

Fogging is now the following:

Agree with the 1. while ignoring 2. like this:

"Yes, I did the dishes"

The insult / manipulative / aggressive part of the statement is thrown into a wall of fog and disappears. This not only asserts that you aren't someone who can be tricked / beat down with such phrases; it as well reduces the escalation of the exchange.

Sometimes it can lead to a follow up by the person you are fogging in which he/she reveals (a bit) more why they went that hard at you, but that is not a given and fogging isn't the ideal technic for finding out what the issue of the other person is. For that negative inquiry or negative inquiry combined with fogging is often better.

lololasaurus • 2 points • 24 November, 2019 02:57 PM

WISNIFG is definitely one of the more bookish books as you do the work, but it really is fundamentally critical for your ability to be assertive.

rocknrollchuck • 2 points • 25 November, 2019 08:01 PM

The reason Fogging is not in the glossary is because it's not just a term, it's a technique that requires reading the book to truly grasp the concept so you can use it effectively. It's from When I Say No, I Feel Guilty. In that book you will learn about Fogging as well as many other techniques to handle life's confrontations. One of the most useful books out there.

Willow-girl • 2 points • 26 November, 2019 04:44 AM

"When you can't dazzle them with brilliance, baffle them with ... fogging."

Vypered • 2 points • 24 November, 2019 10:20 AM*

Giving a vague answer, staying in your own frame. Wife: "all my friends husbands buy flowers for their wife every day. Why don't you?" Husband (Fogging): "yeah, I bet they do buy flowers."

It's from When I Say No I Feel Guilty

SkimTheDross • 3 points • 24 November, 2019 11:14 AM

Fogging is one of the coping techniques described in When I Say No I Feel Guilty, not NMMNG.

redwall92 • 1 point • 25 November, 2019 04:14 PM

That's a great question!