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Russia over the White Army. September 12 - WWI: Battle of Havrincourt - The British take a German salient. September 12–15 - WWI: Battle of Saint-Mihiel - Americans take a German salient. September 14 - WWI: The Balkan front offensive by the Serbian Army begins. September 15–18 - WWI: Battle of Dobro Polje in the Vardar Offensive of the Balkans Campaign. September 15 - WWI: The Battle of the Marston. September 15 - WWI: The British Army's Egyptian Expeditionary Force captures the Gaza Strip. September 15 - WWI: The Third Transjordanian attack on the Jordan Valley begins. September 15 - WWI: The British Army's Desert Mounted Corps launches the Battle of Nazareth by the 5th Cavalry Division (British Indian Army). Capture of Ephraim and Beisan by the 4th Cavalry Division (British Indian Army). Capture of Jenin by the Australian Mounted Division, almost forcing the Yildirim Army Group still in the Judean Mountains. September 25 - WWI: The Battle of Megiddo ends with the Battle of Haifa, Battle of Samakh, and Capture of Tiberias. The Third Transjordanian attack ends with ANZAC Mounted Division victory at the Second Battle of Amman, with the subsequent capture at Ziza of the Ottoman II Corps, and more than 10,000 Ottoman and German prisoners. September 26 - WWI: The Meuse-Argonne Offensive begins, the largest and bloodiest operation of the war for the American Expeditionary Forces. The Capture of Damascus begins, with the Charge at Irbid by the 4th Cavalry Division. September 27 - WWI The Battle of the Canal du Nord, launched by British and Empire forces, continues the advance towards the Hindenburg Line. The Battle of Jisr Benat Yakub, launched by the Australian Mounted Division, continues the advance towards Damascus. September 29 - WWI: Battle of St Quentin Canal begins; Allied forces advance towards the Hindenburg Line. Bulgaria requests an armistice, with the Armistice of Salonica being signed and coming into force the next day. September 30 - WWI: The Charge at Kaukab is begun by units of the Australian Mounted Division. The Charge at Kiswe is begun by 4th Cavalry Division, continuing the Desert Mounted Corps' advance to Damascus. Main article: October 1918 October 1 - WWI: The Desert Mounted Corps captures Damascus. October 2 - WWI: The Charge at Khan Ayash is begun north of Damascus. October 3 - WWI: The Battle of Hama is fought. October 4 - WWI: The Battle of Hama is fought. October 5 - WWI: The Battle of Hama is fought. October 6 - WWI: The Battle of Hama is fought. October 7 - WWI: The Battle of Hama is fought. October 8 - WWI: The Battle of Hama is fought. October 9 - WWI: The Battle of Hama is fought. October 10 - WWI: The Battle of Hama is fought. October 11 - WWI: The Battle of Hama is fought. October 12 - WWI: The Battle of Hama is fought. October 13 - WWI: The Battle of Hama is fought. 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judo (born 1860) 1938 – Carl von Ossietzky, German journalist and activist, Nobel Prize laureate (born 1889) 1941 – Chris McKivat, Australian rugby player and coach (born 1880) 1945 – Fedor von Bock, German field marshal (born 1880) 1953 – Alexandre Pharamond, French rugby player (born 1876)[46] 1955 – George Enescu, Romanian pianist, composer, and conductor (born 1881) 1964 – Karl Robert Pusta, Estonian politician, 4th Estonian Minister of Foreign Affairs (born 1883) 1969 – Osbert Sitwell, English-Italian author and poet (born 1892) 1971 – William Brown Meloney, writer and theatrical producer (born 1902)[47] 1972 – Father Chrysanthus, Dutch arachnologist (born 1905)[48] 1972 – Edward Calvin Kendall, American chemist and academic, Nobel Prize laureate (born 1886) 1973 – Jane Bowles, American author and playwright (born 1917) 1975 – Moe Howard, American actor, singer, and screenwriter (born 1897) 1976 – Frank Strahan, Australian public servant (born 1886) 1980 – Josip Broz Tito, Yugoslav field marshal and politician, 1st President of Yugoslavia (born 1892) 1981 – C. Loganathan, Sri Lankan banker (born 1913) 1983 – Nino Sanzogno, Italian conductor and composer (born 1911) 1984 – Diana Dors, English actress (born 1931) 1985 – Fikri Sönmez, Turkish tailor and politician (born 1938) 1985 – Clarence Wiseman, English-Canadian 10th General of The Salvation Army (born 1907) 1987 – Paul Butterfield, American singer and harmonica player (born 1942)[49] 1987 – Cathryn Damon, American actress (born 1930) 1988 – Lillian Estelle Fisher, American historian of Spanish America (born 1891) 1990 – Emily Remler, American guitarist (born 1957) 1991 – Mohammed Abdel Wahab, Egyptian singer-songwriter and mandolin player (born 1902) 1992 – Gregor Mackenzie, Scottish politician (born 1927) 1993 – France Stiglic, Slovenian film director and screenwriter (born 1919) 1995 – Connie Wisniewski, American baseball player (born 1922)[50] 2000 – Hendrik Casimir, Dutch physicist and academic (born 1909) 2001 – Bonnie Lee Bakley, American model, wife of Robert Blake (born 1956) 2004 – David Reimer, Canadian man, born male but reassigned female and raised as a girl after a botched circumcision (born 1965)[51] 2005 – David Hackworth, American colonel and journalist (born 1930) 2008 – Fred Baur, American chemist and founder of Pringles (born 1918)[52] 2009 – Dom DeLuise, American actor, director, and producer (born 1933) 2011 – Sammy McCrory, Northern Irish footballer (born 1924) 2012 – Mort Lindsey, American pianist, composer, and conductor (born 1923) 2012 – Bob Stewart, American television producer, founded Stewart Tele Enterprises (born 1920) 2012 – Adam Yauch, American rapper and director (born 1964) 2012 – Rashidi Yekini, Nigerian footballer (born 1963) 2013 – Otis Bowen, American physician and politician, 44th Governor of Indiana (born 1918) 2013 – Christian de Duve, English-Belgian cytologist and biochemist, Nobel Prize laureate (born 1917) 2013 – Javier Díez Cansoco, Peruvian sociologist and politician (born 1948) 2013 – Mario Machado, Chinese-American journalist and actor (born 1935) 2013 – Morgan Morgan-Giles, English admiral and politician (born 1914) 2013 – César Portillo de la Luz, Cuban guitarist and composer (born 1922) 2014 – Dick Ayers, American author and illustrator (born 1924) 2014 – Elena Baltacha, Ukrainian-Scottish tennis player (born 1983) 2014 – Edgar Cortright, American scientist and engineer (born 1923) 2014 – Helga Königsdorf, German physicist and author (born 1938) 2014 – Ross Lonsberry, Canadian-American ice hockey player (born 1947) 2014 – Jean-Paul Ngoupandé, Central African politician, Prime Minister of the Central African Republic (born 1948) 2015 – William Bast, American screenwriter and author (born 1931) 2015 – Ellen Albertini Dow, American actress (born 1913) 2015 – Mary Hubbard, American football player (born 1946)[53] 2016 – Jean-Baptiste Bagaza, Burundian politician (born 1946) 2020 – Don Shula, American football player and coach (born 1930)[54] 2020 – Greg Zanis, American carpenter and activist (born 1950)[55] 2021 – Nick Kamen, English model, songwriter (born 1962)[56] 2024 – Ron Kavana, Irish singer, songwriter, guitarist and band leader (born 1950)[57] 2024 – Frank Stella, American painter (born 1936)[58] Anti-Bullying Day (United Nations) Bird Day (United States) Cassinga Day (Namibia) Christian feast day: Blessed Ceferino Giménez Malla Blessed Michal Giedroyc English Saints and Martyrs of the Reformation Era (Church of England) F. C. D. Wyneken (Lutheran Church–Missouri Synod) Florian José María Rubio Judas Cyriacus Monica of Hippo (1960 Roman Catholic Calendar) Sacerdos of Limoges Venerius of Milan May 4 (Eastern Orthodox liturgics) Coal Miners Day (India)[59] Death of Milan Rastislav Štefánik Day (Slovakia) Greenery Day (Japan) International Firefighters' Day May Fourth Movement commemorations; Literary Day (Republic of China) Youth Day (China) Remembrance Day for Martyrs and Disabled (Afghanistan) Remembrance of the Dead (Netherlands) Restoration of Independence Day (Latvia) Star Wars Day (International observance) World Give Day Youth Day (Fiji) ^ Flannery, John M. (2013). The Mission of the Portuguese Augustinians to Persia and Beyond (1602-1747). Lieden: Brill. p. 40. ISBN 9789004243828. ^ Bray, Gerald (2018). "On the Truth of Holy Scripture (1377-1378) John Wycliffe (c. 1328-1384)". In Kapic, Kelly M.; Madueme, Hans (eds.). Reading Christian Theology in the Protestant Tradition. 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BBC: On This Day The New York Times: On This Day Historical Events on May 4 Retrieved from " Misunderstandings in relationships happen to everyone. However, regularly feeling misunderstood can be a sign of a need to work on communication skills. Changing how people communicate can improve relationships and help individuals feel understood. One way to accomplish this is through the use of "I feel" statements, also known as feeling statements. I-messages, or just I-statements. This article discusses what "I feel" statements are, how they are used, and why they are beneficial in communication. It also covers how people can use these feeling statements and potential mistakes to watch for. "I feel" statements are a way of communicating the speaker's feelings, or beliefs. Instead of focusing on the actions or behaviors of the listener, feelings statements focus on how those actions make the speaker feel. These feeling statements are a powerful communication tool. Used correctly, they can remove an accusatory tone from the speaker's statements and allow people to express their point without getting a defensive reaction. "I feel" statements can be contrasted with 'you' statements, which are more confrontational and place the blame directly on the listener. 'You Statements' 'You never clean up after yourself.' "You didn't call me like you promised!" "You don't even care." "You always make me feel so small." "I Statements "I feel stressed out when the house is so disorganized." "I feel worried when I don't know whether you made it home safely." "I feel sad when it seems like my feelings are not taken seriously." The idea of "I statements" was introduced during the 1960s by psychologist Thomas Gordon as a way to help children learn to connect emotions with behaviors during play therapy. These messages can have a number of benefits during communication: Feeling statements can be a way to express assertiveness without causing listeners to feel blamed, accused, defensive, or guilty. It allows the speaker to express control and ownership of their emotions without directly accusing the other person of being at fault. I-messages are frequently utilized as a way to resolve conflict without putting people on the defensive. By placing the attention primarily on the feelings and needs of the speaker, it focuses the conversation on solving a problem rather than assigning blame. One reason "I feel" statements might help defuse conflict is a phenomenon known as the norm of reciprocity. People tend to feel a need to reciprocate, including in communication. When one person is communicating in a way that is non-confrontational and emotion-focused, the listeners are more likely to match their own responses to that of the speaker. I-messages can also be a helpful way to provide constructive feedback to other people. Rather than leading with criticism, it focuses the conversation on how the speaker feels about it. This can often help the person who is receiving the feedback feel less criticized and more open to making changes. The use of I-messages is also more likely to evoke feelings of empathy, cooperation, and openness to negotiation in the listener. I-messages can vary in terms of how they are formed and utilized, and they don't necessarily need to begin with the words, "I feel." While these messages can vary, there are three essential components of a feeling statement: This refers to stating the speaker's real feelings only, and it starts with the word "I." I feel. When people talk about feelings, they often have a tendency to assign blame first while downplaying the feeling. For instance, people often say, "You make me so mad," which typically causes a defensive reaction from the other person at the first word. When the other person is immediately on the defense, they are less likely to listen and respond with an open mind. A feeling statement keeps the focus on the feeling of the speaker which is less likely to elicit a defensive reaction and more likely to promote effective communication. Once the feeling is stated, it should be connected to an issue or event. For example, a person might say, "I feel sad when I am alone and you are out having fun with your friends." Although there is some mention of the other person's behavior, the focus continues to be on the uncomfortable feeling experienced by the speaker. Ideally, this allows the other person to concentrate on helping to alleviate the discomfort, rather than defending themselves. Finally, a solution should be given. This might involve a person saying something like, "I feel sad when I am alone and you are out having fun with your friends. I would like to be invited to be with you, even if you are with your friends." This solution may not be a real option but does allow for discussion and some sort of compromise. The focus stays on the feeling, and the goal continues to be alleviating the uncomfortable feeling. "I feel" statements should state how the speaker is feeling, the cause of that feeling, and a potential solution. It can be helpful to look at how feeling statements might be utilized in communication. Both Susan and Karen are experiencing the same situation and feeling, but Karen uses a feeling statement, while Susan does not. As you look at the example, remember that feeling statements are often called "I statements" as the first word is "I" not "you." Susan says: "You don't let me say what I want to do." Karen says: "I feel frustrated when we talk about making plans and I don't get to say what I want to do. I want us to both to have input." It is likely that Susan only got a defensive response. Perhaps the other person would start giving examples of how they do let her say what she wants to do, start complaining that they always do what she wants to do, or even complain back that she never asks what they want to do. The use of "you language" as opposed to "I language" makes it more likely that this conversation disintegrated into a full-blown argument, leaving no one feeling particularly good. Karen, on the other hand, was more likely to receive a response that focused on reducing her frustration level. Perhaps her ideas were sought as well as the other person's and together they made a plan. Together they focus on the present activity and their feelings instead of blaming one another. Using feeling statements takes practice, and it may be hard to use them consistently, especially at first. People sometimes find feeling statements extremely difficult. However, everybody can learn to use these and will benefit from non-accusatory communication. Feeling statements are often used in therapy and many mental health professionals encourage their use in everyday communication. Research also suggests that this approach can be helpful when communicating with others: A 2018 study found that the use of "I" language was the most effective strategy to use during conflict. The results suggested that using this approach helped minimize the risk that a discussion would lead to further hostility.Other researchers have found that couples that utilize "you" language during conflict discussions have less effective interactions. Some settings where I-messages are frequently utilized include: This technique is frequently used in couples therapy to help improve communication in romantic relationships. Couples who are in conflict often find themselves blaming one another for the problems they are facing. By using "I feel" statements, couples can focus their communication on what they are feeling rather than assigning blame and making their arguments worse. This strategy can also help couples begin to build greater empathy for one another. Families are also prone to communication problems that can interfere with the family dynamic and lead to conflict within the family unit. By using feeling statements during family therapy, family members can begin to communicate with one another more effectively. I-language may help individuals become more receptive to feedback. It also helps each person better understand how their own actions affect other members of the family. Feeling statements can be helpful in both everyday communication as well as in therapeutic settings. Couples therapy and family therapy are two types of psychotherapy where people practice this form of interpersonal communication. One common pitfall when using "I feel" statements is to use them as a way to express judgment or assign blame to the other person. For example, a person might say something like, "I feel like you don't care." While this statement starts with an expression of how the speaker feels, it concludes with an accusation. This defeats the goal of using feeling statements. Instead, speakers should keep the focus on their own emotions, how the issue is affecting them, and what solutions might help. For example, the speaker in the previous example might say, "I feel sad that I have to do this alone. It would really make me feel better if you could help me with this." "I feel" statements communicate how a speaker feels to help minimize defensiveness and conflict in conversations. Using feeling statements can help people assert themselves while reducing hostility. These I-statements should state how the speaker is feeling, connect it to an issue, and offer a possible solution. Research suggests that I-messages can improve communication, which is why they are often used in couples counseling, family therapy, and other therapeutic interventions. Learning how to use "I feel" statements can be an effective way to improve how you communicate with others, particularly if you are dealing with difficult conversations or conflict. While it can be a bit challenging at first, you may find that this approach becomes more natural over time. While there is no guarantee that the other person will respond in a receptive way, using feeling statements can minimize the risk that the conversation will devolve into hostility and argumentativeness.