

PRACTISE / RESOURCE 07

Build an Assertive I Statement

Describe your experience and make a clear request without blame.

Name / reference: _____ Date: _____

Try: "When [specific event], I feel [emotion]. I would like [specific action]." This is a flexible aid, not a compulsory script. A shorter message may be clearer. "I feel that you are selfish" is a judgement, even though it starts with I. Name behaviour rather than guessing motives.

WORKED EXAMPLE

Instead of "I feel you never respect me", try: "When our plans change and I do not hear about it, I feel frustrated. I would like a message when the time changes." Short version: "Please let me know as soon as plans change."

START HERE

The specific situation or behaviour I want to discuss:

My feeling or personal experience (without a judgement about them):

The clear action I would like to request:

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A HELPFUL REMINDER

An I statement can express a need or limit directly: "I need time to think." You do not have to disclose a feeling to justify a boundary.

PRACTISE IN YOUR OWN WORDS

My full message: "When... I feel... I would like..."

My shorter version, if that feels more natural:

Any blame, "always", "never" or mind-reading I could revise:

How can I leave room for a reply?

My final wording after reading it aloud or practising in writing: