

Assertive Communication

"I feel" statements



I feel...

feelings about the behaviour/situation

[Dashed box for writing feelings]

A blame free description of behaviour or situation that is problematic to me

[Dashed box for writing a blame-free description]

when...

the effect the behaviour/situation has on ME

because...

[Dashed box for writing the effect]

what I need the other person to do instead

[Dashed box for writing what is needed]

my needs!

Example: I feel anxious when I am rushed because I am worried I will make a mistake. I need X to give me more time to finish and a calm reminder when time is almost up.