

humantold

I Statement Model for Assertive Communication

The "I Statement Model" is an assertive way of handling feelings. Think of a relationship or situation that you have recently experienced, and then fill in the blanks using this model as an alternate means of expressing your feelings. By leading "I feel," you are simply stating how the situation affects you personally, and you are approaching from a place of nonjudgement. Additionally, the person you are communicating with cannot refute your statement since it's simply how you feel. It could be helpful to pair this form of communication with the Imago Dialogue.

I feel _____ (use an actual feeling word, e.g., hurt, angry, upset, disappointed, or rejected) when you _____ (give the other person an example of specific actions or behaviors that have affected you), because it seems like _____ (tell the person what the behavior meant to you, how you perceived it. Is it possible you misunderstood?). If next time _____ (list specific action/behavior you would like to see in the future).