

Exercise: Mastering "I" Statements

Objective:

To practice expressing your thoughts, feelings, and needs assertively without placing blame or escalating conflict.

Part 1: Reflect on Scenarios

1. **Identify Common Situations:**

Think of a recent scenario where you felt misunderstood, frustrated, or needed to assert yourself. Write a brief description of the situation. Example:

"My coworker keeps interrupting me during meetings."

2. **Pinpoint Your Feelings and Needs:**

Reflect on how you felt and what you needed in that moment.

- Feeling: *Frustrated and dismissed.*
 - Need: *To feel heard and respected.*
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Part 2: Craft Your "I" Statement

Using the formula below, create an assertive "I" statement for the situation:

Formula:

"I feel [emotion] when [specific behavior]. I need [specific need or request]."

Example Statement:

"I feel frustrated when I'm interrupted during meetings. I need to finish my thoughts before we move on."

Part 3: Practice Out Loud

1. **Role-Playing:**

- Stand in front of a mirror or ask a trusted friend to role-play as the other person.
- Deliver your "I" statement with a calm and confident tone.

2. **Adjust Your Tone:**

Focus on keeping your tone neutral and avoid sarcasm or aggression.

Part 4: Test and Reflect

1. Apply in Real Life:

Use your "I" statement in a real conversation where appropriate.

2. Reflection Questions:

- How did the other person respond?
 - Did the conversation feel less confrontational?
 - What could you improve next time?
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Bonus Challenge:

List three additional situations where "I" statements could help you assert yourself. Practice crafting and delivering statements for those scenarios.

Example:

- Situation: *Partner leaves dishes in the sink.*
 - Statement: *"I feel overwhelmed when the sink is full of dirty dishes. I need us to share cleaning up after meals."*
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Practicing regularly will help you communicate more effectively and maintain positive relationships!