



“I” Statements

AIMS:

To communicate clearly and cleanly my perception of and feelings about a problem without attacking, blaming or hurting the other person.

To open a discussion without eliciting defensiveness from the other person.

			Example	Complete own example
The Action	Objective description	When You	<i>When ... changes to our plans have been finalised before I have a chance to contribute,</i>	
My Response	No blame	I feel ... or I feel like ...	<i>I feel powerless or I feel like making my own separate plans</i>	
My Preferred Outcome	No demand	And what I'd like is that I ...	<i>And what I'd like is that I have more involvement in tile decision-making process.</i>	

Depending on the response of the other person, I will choose an appropriate next action. It may be to make another “I” statement, to active listen, to start discussing the problem in more detail or ...