

# "I Statement"

## ASSERTIVE COMMUNICATION

I feel \_\_\_\_\_ (feeling word)

when you \_\_\_\_\_ (what they did  
or said)

because \_\_\_\_\_ (the reason it  
upset you)

I would like \_\_\_\_\_ (what you want,  
offer a solution).

With authority figures (teachers, boss) you can start with a phrase like *"With all due respect"*.