

I feel

Reflect, identify, and express your emotion.

“I feel disregarded..”

When

Identify the situation that led to your emotion.

AVOID “you” statements

“when there is lack of communication...”

Because

Use insight to explain the reason for your emotions further.

“because I really value connecting with you.”

Assertive Communication with “I Feel” Statements

Are you willing to

Check in with the other person. This is a good time to gain confirmation, compromise, and get closure.

“Are you willing to do that?”

What I need is

Take accountability for your emotions or perception, and express needs and boundaries.

“I would appreciate more effort to connect...”