

# ASSERTIVE COMMUNICATION: The 'I-Feel' Tool

You may use this format to share your emotions in a structured way. Right now, try to follow the script exactly. These are 'training wheels' for communication. As you become more used to communicating this way, you can begin to incorporate this structure more naturally. You can reference the wheel of emotions on the next page.

## Speaking

### "I feel" statement

I feel \_\_\_\_\_ (name emotion).

What I notice in my body is \_\_\_\_\_.

I feel this way when \_\_\_\_\_. (What is objective view of what is happening – ie what are the facts?)

I feel this way because I believe \_\_\_\_\_. (What is your belief about why you feel the feelings you have – ie what are your values that have been affected?)

I choose to respond by \_\_\_\_\_. (Name a skill you can use in the moment on your own or with your family – ie 'take space and breath until I am calmer.')

## Active Listening

### Reflection

Reflect back the "I feel" statement word for word.

After you reflect, ask "Did I get it right" or "Do you feel heard?"

Ask: "Is there anything I/the family can do to support you?"

# Wheel of Emotions

