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Psychotherapy

THE POWER OF 'I MESSAGES': ASSERTIVE COMMUNICATION SOUNDS LIKE...

To Express Our Feelings: I feel _____ (feeling word) because _____ (explanation of feeling) _____. I need _____ (name what would be helpful to tame your feelings) _____.

To Express Our Feelings Regarding an Interaction: I feel _____ (feeling word) _____ when you _____ (action) _____ because _____ (explanation of what upset you). Next time, can you please _____ (positive behavior you would like to have happen next time) _____.

To Repair through Apology: I'm really sorry for how I _____ (harm caused) _____. I was feeling _____ (emotion) _____ in the moment and it wasn't okay for me to _____ (harmful action) _____ towards you. Next time, I will be mindful when I'm feeling _____ (emotion) _____ to practice _____ (needed coping skill) _____.

** Notice how we are not trying to justify or rationalize the hurtful behavior. When we do this, it limits our ability to take responsibility for the hurt we caused and make amends. **

To Express Differing Emotions: I'm noticing a part of me is feeling _____ (emotion) _____ because _____ (explanation) _____ and another part of me feels _____ (emotion) _____ because _____ (explanation) _____. As I notice this I recognize, _____ (name need, thoughts, or fears) _____.

