

AFFECTIVE STATEMENTS

Affective Statements: usually done in “I” format; encourage people to verbalize how they are feeling in relation to another person’s behavior

- Set boundaries
- Provide authentic observation
- Teach empathy and accountability

HOW TO:

- Observations (what I observe that does not contribute to my well-being) - *“When I (see, hear)”*
- Feelings (how I feel emotion or sensation rather than thought)- *“I feel...”*
- Needs (what I need or value) - *“Because I need/value...”*
- Requests (concrete actions you want taken)- *Would you be willing to...”*