

EXERCISE 5

Have something to write on.

“I” MESSAGES

The exercise consists of communicating boundaries, needs, goals and feelings. Write your own assertive messages.



Talk about yourself
about your feelings
about your perspective.
Use messages that start with "I" - e.g. I want, I need, instead of "because you..."

I want

I need

I think

I feel

I do not want

I can not hear

I hear

I see

I do not need



Read your needs aloud.
It is important to communicate them and not leave them in the sphere of thinking.