

AFFECTIVE STATEMENTS

Affective Statements, also known as “I” Statements, explain how someone’s choices affect others and help to not trigger a situation additionally.

⊗ **INSTEAD OF:**

"I've told you three times to stop talking. Please stop."

"Stop teasing him!"

"Good job!"

☑ **TRY:**

"I feel overwhelmed and confused that you are still talking. What is going on today?"

"I felt disappointed when I heard the teasing. That's not typically how I see you talking to others. What is going on between you two?"

"I feel so proud of you for working so hard in class this week. I know that you have been giving it your all even when it feels overwhelming. You're doing great."

✦✦✦ *A goal of Affective Statements should be to avoid blame and shame by calling or putting the other person/group on the spot.*

