

ASSERTIVENESS WORKSHEET

I statements and positive rephrasing

I statements refer to a way of phrasing thoughts or feelings in an *assertive*, rather than *aggressive* way.

The basic format for an **I statement** is:

I feel (or think) _____ because _____.

For example:

That's so unfair! You take her side all the time.

You could say (as a rephrased I statement): I feel overlooked because you haven't heard my side.

OR you could rephrase as a more positive statement or possible solution: Can we take some time to go over both her side and my side?

Instructions: Rewrite the following statements (if necessary) as a rephrased I statement and a possible solution.

Original statement	Rephrased as I statement	More positive statement or possible solution
You're always borrowing money. Don't be such a bum!!!!		
I can't afford to keep lending you money. Please don't ask anymore.		
Sure, I don't mind lending you \$10. (You really can't afford it though).		