

Name: _____ Date: _____

SCHIZOPHRENIA GROUP THERAPY

Think of a recent situation where you could have used "I" statements, and answer the questions below.

Describe a situation that came up recently where you could have used "I" statements to communicate effectively.

How did you initially respond to this situation?

What emotions were you feeling in this situation?

How can you make sure to use a calm and neutral tone when using "I" statements in this specific situation?

How do you think using "I" statements could have changed the outcome of the situation?

What other strategies can you use in addition to "I" statements to effectively communicate in this specific situation?

How could you have used "I" statements to communicate your feelings and perspective in this situation?

In similar situations in the future, what "I" statements can you use to express your feelings and perspective?
