

MEDIATION TECHNIQUE

By using 'I' statements you are putting the focus on what's happening for you, rather than handing the responsibility for your feelings to the other person.

This is not about blaming the other person for the way that you feel, it is designed to let them know what is going on for you when they exhibit a certain behaviour. They may choose to change this behavior or they may not; either way, it's important that you are able to express how you feel.

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| When you... | (what they do that annoys you) |
| I feel... | (how you feel when this happens) |
| I think... | (what you think about what they are doing/saying) |
| I would like... | (what you would like to be different) |