

FEELINGS STATEMENTS BLOCKED

Handout

How a person might block an I-Message

1. Changing the subject.
2. Not paying attention.
3. Refusal to discuss the issue.
4. Increased anger which may be real, or may be fake.
5. Personal accusations ("wimp", "chicken", etc.).
6. Laughing it off.

Possible responses to blocked I-Messages

1. "I really need you to deal with (the subject) first."
2. "What do you think... about (this situation) and about what I just said?"
3. "I feel disrespected when I can't discuss this with you without your (laughing it off, changing the subject, etc.). When can we talk about it?"
4. "I can see that I am not handling it well. It's not personal. I am sorry you are so angry. I'd like to get along better, but first we need to work something out that is fair to both of us."
5. "I am trying to be respectful of you so that we can work something out. It is obvious that you are mad about my bringing this up, but I would really like to work something out."
6. "Am I right in being concerned about this?"

WRITE HERE YOUR OWN ASSERTIVE, RESPECTFUL LANGUAGE WHEN BEING BLOCKED.

1. _____

2. _____

