





**PERSONAL STATEMENT**

I feel \_\_\_\_\_ *(name that feeling)*  
When \_\_\_\_\_ *(say what happened)*  
Because \_\_\_\_\_ *(why it upsets you)*  
I would like \_\_\_\_\_ *(what you want to happen or change)*

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## SESSION 2: PERSONAL STATEMENT

**I FEEL** *(the feeling)*

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**WHEN** *(say what happened)*

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**BECAUSE** *(why it upsets you)*

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**I WOULD LIKE** *(what you want to happen or change)*

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## SESSION 2: HOME CHALLENGE

The aim is to spend up to an hour this week with your teenager. To start with, this can be in short periods. Your teenager picks what to do and your role is just to be with them.



Read teenage turn offs and personal statement handouts.





## **YOUR TEENS WORKSHEET**

### **WORK THROUGH THESE QUESTIONS ABOUT YOUR OWN TEENAGE YEARS WITH ANOTHER ADULT**

- Can you remember how you felt as a teenager in your family?
- How did you behave?
- What did your parents want for you?
- Do you feel you achieved their aims?
- What might they say, or have said about themselves as parents?
- What were the punishments in your teenhood or adolescence?
- Did the punishments and/or rewards seem to match what you had done?
- What were the rewards?
- What did your parents express pleasure or pride in?
- What were the positive messages you received as a child and teenager from your family?
- What were the negative messages you received as a child and teenager from your family?
- Were any of these messages used to drive you forward?
  - To be strong
  - To be perfect
  - To hurry up
  - To try hard
  - To please others
  - Were they realistic?
- What effect did these messages have on you?
- What have you copied from your parents in dealing with your own children?





## **PERSONAL STATEMENT - WHAT ARE THEY AND HOW, OR WHEN DO WE USE THEM?**

Personal statements help the speaker state their case without inflaming or arousing the defences of the listener; they are a very effective tool in helping us become assertive communicators.

Remember that . . .

Assertive people stand up for their personal rights and express their thoughts and feelings firmly, directly, and honestly in ways that are respectful of others. They respect the rights of others and recognise the importance of having their own needs and rights respected. They speak clearly and to the point, and are confident about who they are. They recognise they have choices in life but will listen to what other people say also. Assertive people gain respect for being respectful. They do not have to shout to be heard and own what they say by using 'Personal " statements'.

Personal statements:

- encourage the speaker to take responsibility for their feelings.
- help the speaker avoid blaming others
- are a useful way to open a conversation
- can be planned before they are delivered.
- are a less threatening way to assertively confront someone about an issue that is bothering them without the use of inflammatory language.
- can/will open up possibilities you may not yet see.
- help the speaker to think about how they would like the situation to be different and
- inform the listener how they can change the situation.

Even if the situation may not look any different after a well delivered personal statement, it often feels different and that on its own can change things.





**SO, WHEN CAN 'PERSONAL' STATEMENTS BE USED?**

- When we need to speak to someone about their behaviour
- When we feel others are not treating us as we feel we deserve to be treated
- When we feel defensive or angry
- When others are angry with us
- To deliver a praise statement

**WHAT DOES A SUCCESSFULLY DELIVERED 'PERSONAL' STATEMENT LOOK LIKE?**

I feel	(insert your feeling word)
When	(say what happened; what caused the feeling)
Because	(tell the listener why its upset or pleased you)
I would like	(tell them what you want to happen or change)

**EXAMPLES:**

I feel	put down and hurt
When	I'm sworn at
Because	I'd like not to be spoken to that way
I would like	to be treated with more respect

I feel	scared
When	I'm threatened
Because	I don't deserve to be treated like that
I would like	To go to my bedroom and not be followed





**WHEN DO 'PERSONAL' STATEMENTS 'GO WRONG?'**

If a 'personal' statement contains a disguised 'you' message it can cause problems and make conflict more difficult to resolve.

'You' messages can lead to the listener becoming defensive or angry and communication can quickly break down and escalate towards that raging volcano.

'You' messages tend to be critical and apportion blame back onto the listener..... so rather than focus on accusing the listener, focus on how you are feeling and your discussion will be far more successful.

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**Personal' statement:** I feel - upset

*You' message: I feel - upset*

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**Personal' statement:** When - I am shouted at

*You' message: When - YOU shout at me*

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**Personal' statement:** Because - it makes me anxious

*You' message: Because - YOU know it makes me anxious*

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**Personal' statement:** I would like - to have ten minutes to calm myself then we can talk

*You' message: I would like - to have ten minutes to calm myself then we can talk*

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**Personal' statement:** I feel - irritated

*You' message: I feel - irritated*

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**Personal' statement:** When - I find wet towels on the floor

*You' message: When - YOU leave wet towels on the floor*

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**Personal' statement:** Because - the towel rail is heated and towels would dry ready for their next use

*You' message: Because - YOU don't give a thought for the Carpets/the next person to need a towel*

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**Personal' statement:** I would like - them to be hung up

*You' message: I would like - them hung up*

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Another way of disguising a 'You' message is when the speaker uses the word 'you' after saying I feel - ie: I feel like you don't love me/care about me, once again this will lead to a breakdown in communication.

**PRACTICE DELIVERING SUCCESSFUL 'PERSONAL' STATEMENTS . . .**

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I feel - really pleased

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When - I think about how successful your 'personal' messages are going to be

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Because - I know how much difference they can make to connecting people and helping them rebuild trust and co operation

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I would like - to wish you every success in creating healthier, more open, honest relationships.

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Learning how to deliver a successful personal statement is an important skill that you can use in all aspects of your life.





## SESSION 2: WEEKLY EVALUATION

**1. I FOUND THIS SESSION TO BE (PLEASE TICK BOX):**

- Not informative       Neutral       Quite informative       Very informative

**2. I FEEL THAT THE GROUP FACILITATORS WERE (PLEASE TICK BOX):**

- Not supportive       Neutral       Quite supportive       Very supportive

**3. I WOULD HAVE LIKED MORE INFORMATION ON**

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**4. WE WOULD WELCOME ANY FURTHER COMMENTS ON THIS SESSION**

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Thank you

**5. IS THERE ANYTHING FROM THIS SESSION THAT YOU WOULD LIKE THE GROUP FACILITATORS TO DISCUSS WITH YOU BY PHONE IN MORE DETAIL (PLEASE TICK BOX):**

- Yes, please phone me this week       No, thank you

Name:

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Best contact number:

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