

RELATIONSHIPS

Tick the sentences that give you clearer boundaries:

An argument over something small in a relationship gets heated. What do you say?

We'll have to agree to disagree.

Actually, you're right – you know way more about this than me.

A light-hearted conversation suddenly gets personal and mean. What do you say?

I don't like how I feel right now, so I want to finish this conversation later.

Why are you always picking on me?

In a disagreement with your boyfriend/girlfriend they dismiss your opinion/views. What do you say?

I would like you to respect my point of view.

Why aren't you listening to me?

Your boyfriend / girlfriend keeps talking even though you are clearly trying to say something. What do you say?

Please stop talking over me.

I can't hear myself think.

You remember a scenario differently to someone else - what do you say?

I feel that you are trying to tell me what my experience is. I'm not OK with that.

Are you sure that's what happened? I thought..

When attempting to end a toxic private message thread - what do you say?

This conversation made me feel quite uncomfortable, please don't contact me again.

That was a weird conversation, but we'll figure it out. Talk to you later.

Assertive communication means expressing ourselves in a direct, open and honest way that is respectful of other people.

Compare the potential impact of these openers:

"Everyone I have talked to is annoyed with you."

V

"This is how I feel about..."

"Some people think you're being unfair"

V

"This is how I view the situation..."

Compare these statements:

"You're wrong."

V

"I don't agree with you."

"You make me feel upset."

V

"I feel upset when you..."

"You never listen."

V

"I don't feel like you're hearing me."