

EXERCISE - THE STATEMENT

Objective: To express your reality with transparency and respect in order to establish a healthy framework for collaboration, by learning to write and use an "I" communication script to name your needs without alienating the other person.

STEP 1 - DIAGNOSING YOUR SILENCES

Identify a current situation where you are not being completely transparent with a partner (a delay you have not yet announced, a task you hate but have accepted, a behavior that irritates you).

The cost: What does this silence cost your integrity?

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Fear: What consequence do you fear if you tell the truth? (Fear of appearing incompetent, fear of conflict?).

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STEP 2 - CONSTRUCTING YOUR "I" MESSAGE

Take the situation identified above and write your script strictly following this formula:

1. **"I feel..."** (Name a real emotion: worried, overwhelmed, frustrated).
2. **"When..."** (Describe the event neutrally, like a video camera).
3. **"Because..."** (Explain the impact on your work or your adherence to commitments).
 - a. Example: "I feel concerned when meetings run over time, as this reduces the time I can dedicate to finalizing your project with the promised excellence."

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