



Affective Statements Practice

Affective statements are a way to communicate to another person how they have affected you by their behavior, either positively or negatively. They can be offered when you see someone doing something that makes you uncomfortable or impacts you in some other way. They offer an alternative to comments that are implicitly judgmental and can lead to confrontation, argument, and further conflict.

Below is a sentence frame that can help to formulate an affective statement:

I feel ____ (state the impact) ____
When ____ (identify the behavior) ____
What I'd like is ____ (state the preferred action) ____

Example: I feel hurt when I hear people speak unkindly to each other. What I'd like is for all of us to be mindful of our words and speak respectfully to each other.

Use the following scenarios below to practice using affective statements in response to an incident that has impacted you.

1. Joseph grabs his friend Rodrigo's hat from his head and runs away with it, which eventually leads to a verbal altercation between the two.
2. Jason is having difficulty with his math assignment, and Lisbeth works together with him to help him understand it.
3. Lily makes a rude comment about Rachel's clothes.
4. Yesenia is talking and laughing with her friend Areli in class, and both are not contributing to a group activity.
5. Another teacher is telling you about an issue he is having with the school principal and makes a judgmental remark about her.
6. Ramon arrives a few minutes before class begins and helps you rearrange tables and chairs in your classroom.