

Practicing "I" Statements

Complete the following task to help you practice the tool of using "I" Statements

Write down a recent conflict or issue you had with someone. Practice writing "I" statements to express your feelings about the situation. For example, "I feel frustrated when we don't meet our deadlines because it impacts the rest of the team."



Conflict Resolution Role-Play

Practise resolving a conflict with a partner using the tools discussed in the video, such as reflective listening and "I" statements. One person can play the role of the other party while the other person practices using these tools to resolve the conflict.