

"I" Statement

Translated into Navajo

The "I" Statement is a communication tool used to discuss your feelings about a specific situation or issue. It focuses on how you were affected by a situation and why that situation affected you so much. When you use this tool, you will also offer suggestions on how the person can speak or behave in the future. This communication technique is a useful tool when you have to have a difficult conversation, set personal boundaries, and find mutual solutions.

English:

I FEEL _____ (emotion)
WHEN _____ (explain what happened)
BECAUSE _____ (why this situation means so much to *you*)
WHAT I NEED IS _____ (offer alternative ways the person can speak or behave)

Navajo:

SHÍ 'ÉÍ K'AD _____ (right now I feel)
BINIINAAÍGÍÍ 'ÉÍ _____ (because)
DÍÍ BEE SHÍKÁ'
ADÍÍLWOŁ _____ (this is what you can help me with)

