

Become a Better Partner by Using Assertive Statements

If you'd like to create your own assertive statements, make sure they identify what you are feeling in the situation and are not accusatory to your partner. Using "I" based assertive statements rather than accusatory "you" statements allows you to acknowledge your feelings in a non-threatening and inoffensive way. This act of less accusation will lead to a more conducive environment for problem solving, which is vital in building happy, healthy relationships.



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It can be hard to approach your partner when there is conflict in a relationship or marriage. Oftentimes, humans err in three ways when there is something difficult to discuss:

1. We become too aggressive, saying things in a harsh tone that we will later regret;
2. We are not assertive enough, shutting down quickly when trying to explain our point of view; or
3. We avoid confrontation entirely because we don't like conflict or feel it won't help.

Fall within one of these three categories? Try using assertive statements the next time an issue arises.

Assertive Statements

Assertive statements are loving ways to express a thought, feeling or desire that could create tension or conflict within a relationship; each statement is finished with something you'd like to see changed, such as:

- What I would like from you in our relationship is...
- What I could do for you that would help our relationship is...
- What I would like for you to do more in our relationship is...
- What I would like for us to do differently is...