SPEAKING UP WORKSHEET (page 1)

Handout Description:

Use the handout “Speaking Up Worksheet” on pages 3-7 to learn how to speak up when something is bothering you in a relationship. You will:

- Identify a relationship you want to work on
- Think about what is bothering you
- Practice what you can say to the other person.

This worksheet will help you practice using “I” statements to talk about your feelings without blaming or putting down another person. You will practice saying:

- **When you…** — what the person is doing that bothers you
- **I feel…** — how you feel
- **Because…** — why you feel this way

Speaking up can help you communicate your feelings, set boundaries, and work on problems in your relationships. You can work through the worksheet at your own pace and ask someone you trust for help if you need it.

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How to Introduce the Handout and What to Say:

If you are supporting someone who wants to learn more, use the instructions and script in blue below.

"Sometimes things happen in our relationships that bother us. It is okay to speak up and talk about what is bothering you. This worksheet will help you think about what is bothering you and practice what you can say. We will practice using three steps: When you…, I feel…, Because…. You can ask questions or take a break at any time."

Then, review each section of the handout together.

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Step One: Who Is Bothering You?

Choose a relationship in which something is bothering you.

For example, someone's friend keeps forgetting to meet them, and it has happened three times in the last week. It is really bothering them.

The relationship is with a friend.

Now, practice, someone's mom keeps telling them what to do with their life, and they feel frustrated because they want to make their own decisions.

The relationship is with _____.

Ask yourself: What relationships (friend, family, or partner) do I feel bothered about?

The relationship that I want to work on is:

_____

Step two: What is Bothering You?

Once you choose the relationship, you can write down what is bothering you.

For example, someone's friend keeps forgetting to meet them, and it has happened three times in the last week. It is really bothering

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them that this keeps happening.

They are bothered by the fact that **they keep forgetting to meet you.**

Now, practice, someone's mom keeps telling them what to do with their life, and they feel frustrated because they want to make their own decisions. It is really bothering you that this keeps happening.

They are bothered by their mom **telling them what to do with their lives.**

Ask yourself: What is bothering me in my relationship right now?

_____

_____

_____

Step Three: Write Down What You Will Say.

Now that you have picked a relationship and written down what is bothering you, we need to think about how we will speak up and talk about what is bothering us.

- When you _____ (say what the person did or is doing, what is going on)

For example, someone's friend keeps **forgetting to meet them, and it has happened three times in the last week.** The person could say:

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When you **forget to meet me.**

Now, practice, a person's mom keeps t**elling them what to do with their life**, and you feel frustrated because you want to make your own decisions

The person could say_____

Ask yourself: what are they doing that is bothering you? Write it down.

When you:

_____

_____

_____

- I feel _____ (say how you feel, no put-downs or accusing people).

For example, someone's friend keeps **forgetting to meet them, and it has happened three times in the last week.**

The person could say: I feel **frustrated.**

Now, practice, a person's mom keeps t**elling them what to do with their life**, and you feel frustrated because you want to make your own decisions

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The person could say: I feel _____

Ask yourself: what are you feeling? Try not to blame them. Just say the feeling. Write it down.

I feel _____

- Because _____ (why you feel the way you do).

For example, someone's friend keeps **forgetting to meet them, and it has happened three times in the last week.**

The person could say: Because I keep going to meet you and you do not show up. I just wasted all that time waiting for you.

Now, practice, a person's **mom keeps telling them what to do with their life**, and you feel frustrated because you want to make your own decisions.

The person could say: because_____

Ask yourself: Why do you feel the way you feel? Write it down. because

_____

_____

_____

_____

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Now, for your situation, write down all three from above.

This is what you will say to the person. This helps the other person not feel mad and makes it easier for them to listen to you.

When you_____

I feel _____

Because _____

Practice your statement until you feel confident saying it to the person. You can ask someone you trust to let you practice saying these words.

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