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## SPEAK FOR YOURSELF

When you need to ask for something, it can be helpful to **SPEAK FOR YOURSELF**. This means saying how you feel and being clear about what you need, rather than what you wish the other person would do.



Use an 'I' statement to talk about how you feel.

*"I feel upset when the kids get home, and they haven't done their homework..."*

Explain why it's important.

*"... because by then they're too tired to do a good job."*

Be clear on what you need.

*"I would be grateful if we could both plan homework time for when the kids are with us."*

**SPEAK FOR YOURSELF**