

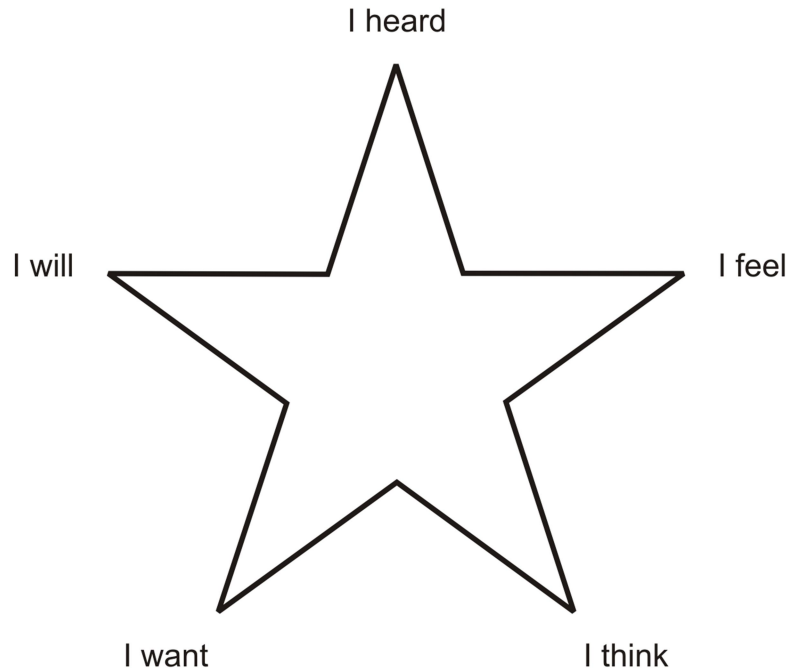
I-Position Star

Rules for using the I-Position Star

Rule 1: Don't do the Star unless both people are willing to do it.

Rule 2: Don't do the Star unless there is time for both people to complete the Star; each person should have a turn to do the Star

Rule 3: Only do the Star in a 'yellow light' zone. If either of you are in a 'red light' zone; i.e., emotions are too high for communication to take place, then stop the Star and come back to it later, when you've both had a chance to cool down.



Instructions for Using the I-Position Star

Start at the top with the I heard point, moving clockwise around the Star. Follow these instructions for each point of the Star:

I heard...Have your child state the problem in clear terms. Next, repeat back what your child said. It doesn't have to be verbatim, you may paraphrase. Then ask your child if this is what he/she meant. If it is, go on to the next point. If it isn't, paraphrase until both of you are satisfied that the message has been understood.

I feel...Explain to your child how you feel about what was said. Keep the focus on you and your feelings, without trying to blame or shame your child.

I think...Explain to your child what you think about what was said. Keep the focus on you and your feelings, again without trying to blame or shame your partner. Explain why you agree or disagree with what your child said.

I want...Explain to your child what you want to happen; what your solution to the problem is. State it clearly until you are satisfied that your child has heard you and understood.

I will...This is the compromise portion of the Star. Here you tell your child what you are willing to give up in order to get what you want, and vice-versa.

Once you have completed the "I will" point, state the problem the way you see it and have your child do the Star. Continue around the Star until you are both satisfied that you have been heard and that both your needs are met.