

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

I heard... Have your partner state the problem in clear terms. Starting at 'I heard...', repeat back what your partner said. It doesn't have to be verbatim, you may paraphrase. Then ask the partner 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 partner has been understood.

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

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

I want... Explain to your partner what you want to happen; what your solution to the problem would be. State it clearly until you are satisfied that your partner has heard you.

I will... This is the 'compromise' portion of the Star. Here you tell your partner what you are willing to give up in order to get what you want.

Continue around the Star until you are both satisfied that you have been heard and that your needs are met.