

# Restorative Language

## Affective Statements

Affective statements are good for praise and challenge - they prevent any blame and shame, which punitive language can evoke.

Affective statements are a way to communicate to another person how they have affected you by their behaviour, positively or negatively. It's a way to either praise or challenge someone when harm has been caused. Such as if someone is making you feel uncomfortable. They offer an alternative to comments that can be judgemental and lead to feelings of blame and shame, which in turn could lead to escalation of conflict and more harm caused.

**When.....(identify the behaviour).....**

**I feel.....(state the impact).....**

**What I'd like is.....(state the preferred action)...**

**I feel.....(state the impact).....**

**When.....(identify the behaviour).....**

**What I'd like is.....(state the preferred action)...**

### Examples

I feel hurt when I hear you speaking unkindly to each other. What I'd like is for all of us to be mindful of our words and speak respectfully to each other

When I've not had the report I feel worried that you may be struggling with your workload, what I would like is for us to sit together and plan how best to support you

I feel happy when I see you playing nicely in the playground. What I'd like is for this to happen every play time.

When I don't get a response from you on the phone I feel concerned because I don't know you and the children are safe. What I'd like is for you to answer your phone so I don't need visit your home more than is necessary.

