S.T.A.T.E.

Something Astute To Express

Consider this before you stay silent.

I have something important to say.

Am I scared to say it?

No → Go ahead and **State it!**

Yes

Do I have the right to say it?

Yes → Respectfully explain your feeling and give your information. **State it.**

Or

Will it have a positive effect on my environment?

Yes → Respectfully explain your feeling and give your information. **State it.**

No → Don't State it. **Find another way**

I have an important contribution to make.

Have I been talked over by someone?

No → Go ahead and **State it!**

Yes

Remind people to allow me space to talk. They then give me the space.

Yes → Respectfully explain your feeling and give your information. **State it.**

No

Is there a power play occuring?

Yes → Respectfully explain your feeling and give your information. **State it.**

No → Remember – My Voice Matters.

Yes → Respectfully explain your feeling and give your information. **State it.**