



SimPRENA

Self-Advocacy Phrase Guide

"I'd like to have a constructive conversation about this. Can we discuss it calmly?"

"I want to understand your perspective, but I also need you to hear mine."

"I feel disrespected when I'm spoken to like this. I'd appreciate it if we could communicate differently."

"I understand your position, but I need to be treated with respect in this conversation."

"I feel undervalued when my contributions are dismissed. Can we work together to improve communication?"

"I find it challenging to work effectively when I feel criticized unfairly."

"Could you help me understand why you feel this way about my work?"

"What specifically would you like to see changed?"

"When comments like that are made, it undermines the team's morale. Can we focus on constructive feedback?"

"I respect your experience, but I don't think comments like that are productive."

"It seems we're at an impasse. Would you be open to discussing this with [HR/manager]?"

"I'd like us to involve a third party to ensure we resolve this constructively."

"I don't think we're making progress right now. Let's continue this discussion later."

"I appreciate when we have productive discussions like this—it's really helpful."

"Thank you for considering my point of view. "