

# I.M.P.A.C.T.

By responding with empathy and  
compassion the healing results  
affects us all.  
-Brene Brown



## What are Affective Statements?

Affective statements are a way to communicate to another person how they have affected you by their behavior, either positively or negatively. Affective statements set boundaries, provide feedback, and teach empathy.

Typical Response	Affective Statement
Stop teasing you classmate.	It makes me uncomfortable when I hear you teasing your classmate.
Talking during class is inappropriate.	I am frustrated that you are not listening to me.
Sit down and be quiet.	I feel sad when you say something like that to your classmate.
You shouldn't do that.	I get angry when you talk and joke during my lectures
I don't want to see you fighting with him.	I was shocked to see you hurt your classmate.