

Advocating for Yourself in English

■ Self-Advocacy Language Toolbox

Category	Sample Phrases
Starting a Conversation	• I was hoping we could talk about... • Could I have a few minutes of your time to discuss...? • I'd like to bring up something important to me.
Making a Request	• Would it be possible to...? • I'd appreciate it if... • I was wondering if you could...
Explaining Needs / Giving Reasons	• The reason I'm asking is because... • This would help me to... • Since [situation], it would really help if...
Expressing Boundaries	• I'm not comfortable with... • I'd prefer not to... • That doesn't work for me because...
Polite Assertiveness	• I see your point, but I'd like to suggest... • I understand, but I need to stand by my request. • With respect, I need to prioritize...
Negotiating / Offering Compromise	• Would you be willing to... if I...? • What if we tried... instead? • Perhaps we could meet halfway.
Closing the Conversation	• Thank you for listening to my concerns. • I appreciate your time and understanding. • I'm glad we could talk about this.

■ Scenario Practice Cards

Scenario 1	You need a day off for a family event. Ask your boss politely.
Too Direct Example	_____
Too Soft Example	_____
Neutral/Appropriate Example	_____

Scenario 2	You bought shoes that broke after one week. Return them to the store.
Too Direct Example	_____
Too Soft Example	_____
Neutral/Appropriate Example	_____

Scenario 3	Your apartment heater is broken. Ask your landlord to repair it.
Too Direct Example	_____
Too Soft Example	_____
Neutral/Appropriate Example	_____

Scenario 4	Your neighbor plays loud music late at night. Ask them to lower it.
Too Direct Example	_____
Too Soft Example	_____
Neutral/Appropriate Example	_____

Scenario 5	You don't understand today's lesson. Ask your teacher for clarification.
Too Direct Example	_____
Too Soft Example	_____
Neutral/Appropriate Example	_____

Scenario 6	Your boss asks you to work on Saturday, but you already have plans. Say
Too Direct Example	_____
Too Soft Example	_____
Neutral/Appropriate Example	_____