



"I" Statements

I feel _____ (insert emotion word)

When I experience _____ (describe an event or concrete example in the first person.)

Because _____ (In the first person, describe and explain your perspective.)

What I prefer or need is _____ (in the first person, define your needs or preferences.)

Examples:

I feel threatened when I am yelled at, because it is scary and intimidating. What I need is to be spoken to in a normal voice.

I feel uncomfortable when I am asked to do another's homework, because it is cheating. I prefer to do our homework together or answer questions about the assignment.

I feel angry when I am left taking care of the children each Saturday morning, because I need some time on the weekends to regroup. What I'd prefer is working out a plan that includes some child-free time for me to relax.

I feel sad when I try to express my feelings and I am interrupted, because I feel like what I have to say is not valued. What I need is to be able to speak freely and know that my message is being received.