



I Statements

Directions:

1. Name the emotion: “I feel.....”
2. Describe what another person did or did not do to cause the emotion: “when you.....”
3. Describe your perception/meaning of the action that created your feeling “Because”
4. Explain the behavior you would prefer and how this behavior would make you feel.

I feel

When you do or you do not do

Because

I would prefer or Next time, please

(explain the desired behavior)

Example:

Regular: “You make me angry because you are always late”

I Statement: “I feel frustrated when you come home late because I stay awake worrying, next time please call me to let me know that you’re ok so I can go to sleep peacefully.”



I Statement Response

Directions:

1. Listen carefully when someone tells you how they feel.
2. Write the emotion the other person is expressing, "You sound...."
3. Described your behavior which caused the other person's emotions, "Because I...."
4. Write what you plan to do differently next time, "Next time I will...."

You sound

Because I

Next time I will

Example:

Regular: You make me so frustrated as you always leave your clothes on the floor.

I statement response: You sound frustrated because I have not been considerate with you and leave the clothes on the floor, next time I will be mindful to put the clothes in the dirty laundry hamper.