

# I Feel Statements Worksheet

Name	Date
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## Identifying Emotions

1. Check the emotion(s) that you're feeling right now:

- Angry       Sad       Frustrated       Anxious       Happy  
 Other:

2. Check the emotion(s) that you often feel in difficult conversations or conflicts:

- Angry       Sad       Frustrated       Anxious       Happy  
 Other:

## Situation Analysis

1. Describe a specific situation where you felt a strong emotion:

2. What was the trigger for the emotion? What specific words/actions triggered your emotional response?

3. What was the underlying need or desire that wasn't being met in the situation?

## Practice I Feel Statements

Based on the situation you described, create an I Feel Statement using the following format: "I feel \_\_\_\_\_ when \_\_\_\_\_ because \_\_\_\_\_."

Example: "I feel hurt when you cancel our plans at the last minute because it makes me feel like you don't value our time together."

1.

2.

3.

## Rehearsing Communication Skills

1. Choose one of the I Feel Statements you created and practice saying it out loud.
2. Practice active listening by having a partner repeat back what they heard you say.
3. Practice empathy by imagining how the other person might be feeling in the situation.

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## Reflection

1. How did it feel to express your emotions using the I Feel Statement technique?

2. What was the other person's reaction to your I Feel Statement?

3. How do you think the situation might have been different if you had not used an I Feel Statement?

4. What can you do to continue to improve your communication skills and express your emotions in a clear and effective way?