“I” Statements Worksheet

Name of Client: _____ Age: _____ Date: _____

The purpose of using "I Statements" is to express your feelings and thoughts in a way that promotes open communication. Take your time and be honest as you fill in the worksheet. If you have any questions or need guidance, discuss them with your coach or counselor.

What you feel or want	The event that triggered your emotion(s) or desire (not a blameful description)	The effect the event has on you

Signature of Therapist/Counselor: _____

Name of Therapist/Counselor: _____

Date: _____