

# "I" Statements Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## What are "I" statements?

"I" statements express feelings and needs without blaming others. They help communicate difficult emotions constructively while reducing defensiveness in the listener.

## Basic formula:

"I feel \_\_\_\_ when \_\_\_\_ because \_\_\_\_\_. I need \_\_\_\_\_."



## Practice exercise

*Transform these statements.*

Instead of saying...	Try an "I" statement
"You never listen to me."	
"You're always late."	

Instead of saying...	Try an “I” statement
"You don't care about my feelings."	
"You're so inconsiderate."	

### Real-life scenarios

*Think of recent situations where you felt upset. Complete the "I" statement for each.*

#### Situation 1:

I feel \_\_\_\_\_  
 when \_\_\_\_\_  
 because \_\_\_\_\_.  
 I need \_\_\_\_\_.

#### Situation 2:

I feel \_\_\_\_\_  
 when \_\_\_\_\_  
 because \_\_\_\_\_.  
 I need \_\_\_\_\_.

## Advanced practice

For complex emotions, try expanding your vocabulary.

Instead of just "angry," consider: frustrated, irritated, annoyed, resentful, or furious.

Instead of just "sad," consider: disappointed, hurt, discouraged, lonely, or hopeless.

*Create an "I" statement using more specific emotions.*

I feel \_\_\_\_\_

when \_\_\_\_\_

because \_\_\_\_\_.

I need \_\_\_\_\_.

## Tips for effective "I" statements

- Focus on feelings, not accusations.
- Be specific about the behavior (not the person).
- Express your needs clearly.
- Tone matters as much as words.
- Practice in low-stress situations first.

## Reflection

How did using "I" statements change the conversation?

What differences have you noticed in how the other person responded?

What was challenging about using this approach?