

# I STATEMENTS

“I Statements” help you to communicate your feelings while describing a problem by reducing the chances that the other person will feel blamed and get defensive.

Use a soft and even tone of voice. You want to be listened to by the other person so you can solve the problem together.

The general format of an I Statement is:

“I feel \_\_\_\_\_ when you \_\_\_\_\_ because, \_\_\_\_\_.”

I feel must be followed by an emotion word.

You can follow an “I Statement” with a request if appropriate: “Could you please \_\_\_\_\_?”

**Example:** your friend cancels plans with you without telling you why

**Blaming Statement:** It’s really rude of you to cancel plans all the time! I guess you just don’t want to see me.

**I Statement:** I feel disappointed when you cancel plans, because it seems like you don’t want to spend time with me.

Practice:

1. Your sibling often turns off your video game while you are playing, because they want to play a different game.

**I Statement:**

2. Your friend does not respond to your texts or messages quickly which frustrates you. Yesterday evening you texted her about homework for today and she did not respond until right before school.

**I Statement:**

3. The student who sits next to you in class clicks their pen all through class. You find it very annoying and it makes it hard to focus.

**I Statement:**

4. Normally you need to have completed your chores to hang out with friends. However recently, your parents have not been letting you hang out with friends even though you have been doing your chores. You are starting to feel like they are mad at you or don’t trust you.

**I Statement:**

