

Using “I” Statements

Practicing open, honest communication is sometimes trickier than it seems. This can be especially true when we are dealing with conflict, and feeling blamed or guilty.

In these instances, we may say hurtful things or things that we don’t mean while attempting to express our needs or emotions.

Using “I” Statements can be a straightforward way to communicate how you feel, while simultaneously owning your feelings and outlining the details of the problem as you perceive it.

Worksheet

This worksheet contains a simple formula for using “I” Statements, as well as some helpful examples to get you started.

Fill in the blanks to practice crafting your own “I” Statements.

“I” feel _____ [emotion] _____ when _____
[situation/context/challenge] _____”

For example:

Situation	<i>“You always make me late because you never tell me our plans in advance”</i>
“I” Statement	<i>“I feel stressed out when you don’t update me about our plans.”</i>
Situation	<i>“You always talk about your amazing weekend when you know I have no days off.”</i>
“I” Statement	<i>“I feel left out when I can’t join in your weekend plans.”</i>

Fill In The Blanks

Situation	<i>A relative asks to borrow money for the third time this week. You’re saving for bills and tight on cash.</i>
“I” Statement	
Situation	<i>Your neighbor parks across your driveway every day. You have to park in the street and carry heavy groceries up a long driveway.</i>
“I” Statement	
Situation	<i>A friend cannot make it to your upcoming performance. You’ve been practicing a special song for them for weeks.</i>
“I” Statement	