

I Statements

Making I Statements is a conflict resolution strategy that allows you to express and take responsibility for your feelings without blaming the other person. I Statements can open up the possibility for genuine communication because they don't automatically put the other person on the defensive.

Think of a situation in which you are experiencing conflict with another person. Describe the situation.

Now practice writing an I Statement by filling in the speech bubble template with details from that situation.

1. I feel

2. when you

3. because

4. What I need is