

# 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. When you express yourself with I Statements, you should speak in a firm and gentle voice.



**I feel . . .**

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State your feelings about the behavior or situation.

**When . . .**

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Describe the behavior or situation that is bothering you in a blame-free way.

**Because . . .**

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Describe the effect the behavior has on you.

**Articulate your needs.**

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Tell the other person exactly what you need them to do (or not do).