

Name _____ **I Statements**

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 set the stage for a constructive interaction. When you express yourself with I Statements, you should speak in a firm and gentle voice.

I feel _____ *when you* _____ *because*

EXERCISE: Write an I statement to respond to each scenario. Use the format provided above.

1. Someone is trying to discourage you from doing something that is important to you.
2. Someone you respect and admire has disappointed you.
3. Someone you have known and liked for a long time has suddenly started to act differently towards you.
4. Your boss keeps undermining your authority at work.