

Name _____ **I Statements**



I Statements

Think about a time when you were angry or upset, and you responded in a way that you later regretted. What upset you?

How did you respond to it?

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 statements follow this format:

I feel _____ *when you* _____ *because*

How could you have responded to the upsetting situation with an I Statement? Write your I Statement below.
