

Name _____ **I Statements**



I Statements

Use the template below to respond to each scenario.

I feel _____ *when you* _____ *because*

1. Someone keeps calling you multiple times a day.
2. Someone is always asking you for favors you don't want to do.
3. Someone consistently interrupts you during meetings.
4. Someone didn't get their work done, which put you behind.
5. Someone broke an important promise to you.
6. Someone you depend on has been losing their temper with you.