

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 can open up the possibility for genuine communication because they don't automatically put the other person on the defensive. Think of some situations in which you are experiencing conflict. Describe the scenario. Then write an I Statement you might use to begin a conversation about it.

Scenario	
I Statement	

Scenario	
I Statement	

Scenario	
I Statement	

Scenario	
I Statement	