

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. Fill in the blanks to rewrite each "you" statement as an "I" statement.

1. You don't trust me.

I feel _____

when you _____

because _____

2. You don't respect me.

I feel _____

when you _____

because _____

3. You don't appreciate me.

I feel _____

when you _____

because _____

4. You never tell me how you really feel.

I feel _____

when you _____

because _____