

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. Use the template below to practice making I statements.

I feel _____

when you _____

because _____

Instead, I would appreciate it if you would _____

I feel _____

when you _____

because _____

Instead, I would appreciate it if you would _____

I feel _____

when you _____

because _____

Instead, I would appreciate it if you would _____
