

Name: \_\_\_\_\_

## "I" STATEMENT

Four parts of an "I" statement:

1. "I feel or I think \_\_\_\_\_" state feeling
2. "When you \_\_\_\_\_" state observation
3. "Because \_\_\_\_\_" state need
4. "I would prefer that \_\_\_\_\_" state preference

Examples of heated remarks to be translated into an "I" statement:

1. "You never listen to anyone, and you're not really listening to me now."

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2. "Are you really going to eat all of that?" \_\_\_\_\_

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3. "You are always late from work and the dinner I made gets cold."

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4. "There are dirty dishes in the sink. Do you think you could wash your own dishes for once?"

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5. "I can't believe you bought that expensive item without talking to me. You are irresponsible!"

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6. "You will stop talking to me in that tone of voice. I will not be yelled at by you."

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7. "Is that what you are wearing?"

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