

Saying How You Feel

Sometimes people don't say how they feel, which can lead to a variety of problems with others. It helps when you practice using "I" Statements, like the ones on this worksheet. Using "I" statements doesn't mean that you'll get everything you want, but at least people will understand what is important to you.

Fill in these I statements with a particular person in mind

Name _____

I feel _____ because _____

I would like it if you would _____

I really want _____

I hope you understand that _____

Fill in these I statements with a particular person in mind

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