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 feelbecause
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
Name
I feelbecause
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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I feelbecause
I would like it if you would
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