

“I” Statements

“I feel (say only emotions) when/because I perceive _____. What I want/
need is _____.”

I statements...

1. force you to take responsibility for your feelings and your perceptions. Your perception is what you experience, but it is probably not what the other part experiences.
2. help you to clearly separate what you are feeling from what you are perceiving. It helps you to increase your own awareness about how your thoughts and perceptions impact your feelings. This will help you to realize whether your feelings are coming from own thoughts, from others actions, or a combination of the two.
3. help you to vent your feelings without blaming the other.
4. help you to state your needs and wants, and help you to get them met.

Tips:

When you say that you feel...you must name a feeling. Feelings are one or two words, as in, “I feel afraid,” or “I feel very afraid.” Feelings are never thoughts: “I feel this is the wrong way to go about things.” This last statement does not name a feeling – it describes a perception, not a feeling. To use this in an I statement, what could you say? Write your answer here:

I might suggest, “I feel frustrated, because I perceive this is the wrong way to go about things.” You might also feel sad, because you perceive it is the wrong way to go about things. The point is, when you say “I feel,” it is your responsibility to name your feeling or feelings; then state your thought or perception.

List of feelings:

Mad – angry – upset – frustrated – pissed – furious – enraged

Sad – hurt – upset – pain – terrible

Glad –happy – great – good – joy

Bad – guilty – ashamed – negative

Afraid – fear – anxious – uncertain – nervous