

# "I Feel" Statements Worksheet

## How to Express Your Feelings Without Blaming

"I" statements are a powerful communication tool that can help you express your needs and feelings without blaming or attacking your partner. They focus on how a situation makes YOU feel, rather than accusing your partner of wrongdoing. This simple shift can prevent defensiveness and create space for deeper understanding.

### The Power of "I Feel" Statements

- **Self-Awareness:** By identifying and expressing your emotions, you're not just communicating; you're also understanding yourself better.
- **De-escalation:** Reframing the conversation with "I" statements helps to prevent defensive reactions and keeps the focus on problem-solving.
- **Partnership:** Using "I" statements encourages both partners to approach issues as a team, leading to more creative and collaborative solutions.

### The "I Feel" Statement Formula

- **I feel...** Choose a specific emotion: hurt, disappointed, lonely, anxious, etc. Use the Emotions Wheel chart on the next page as a reference to help you identify the specific emotion you're feeling.
- **When you...** Describe the behavior without assigning blame. Focus on the action.
- **Because...** Explain the impact on you - needs, thoughts, etc.
- **I would like/need...** Optional: Offer a solution or express your need clearly.

### "You" Statements Vs. "I" Statements

"You" Statement (Focused on Blame)	"I" Statement (Focused on Feelings and Impact)
<i>You always leave your clothes on the floor. It's disrespectful.</i>	<i><b>I feel</b> frustrated <b>when</b> I see clothes on the floor <b>because</b> it makes it difficult for me to keep the space tidy.</i>
<i>You never listen to me!</i>	<i><b>I feel</b> unheard <b>when</b> I don't get a chance to finish my thoughts <b>because</b> it seems like my ideas and opinions don't matter.</i>
<i>You're so selfish! You only think about yourself.</i>	<i><b>I feel</b> disappointed <b>when</b> my needs aren't considered <b>because</b> it makes me feel unimportant and like my well-being isn't a priority.</i>

*You don't care about my family.*

***I feel hurt when*** you make negative comments about my family ***because*** they are important to me.

*You're constantly criticizing me.  
Nothing I do is ever good enough.*

***I feel discouraged when*** I receive frequent criticism ***because*** it makes me doubt my abilities.

*You make me so angry!*

***I feel angry when*** [specific action] happens ***because*** I need [state your need].

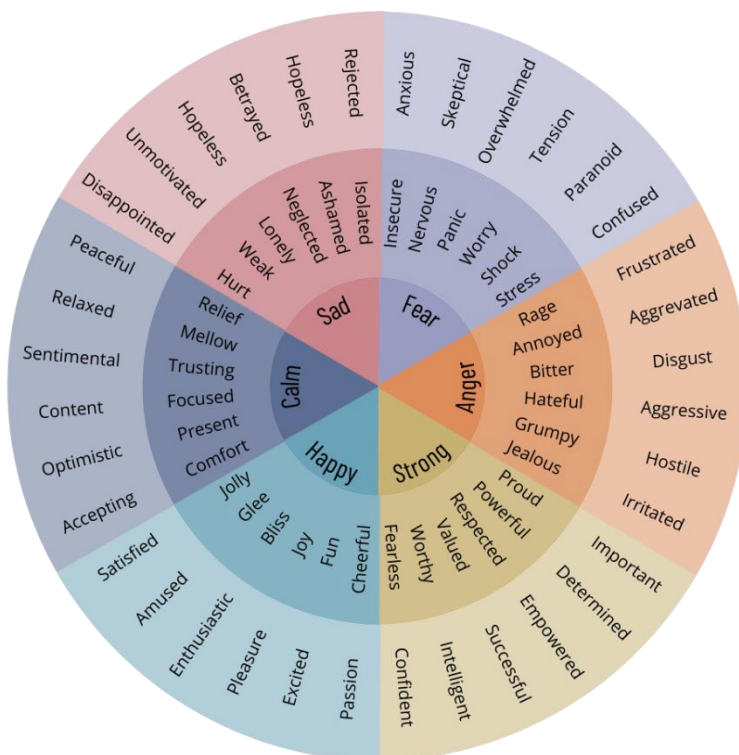
*Why are you always interrupting me?*

***I feel frustrated when*** I'm interrupted ***because*** I would like to finish expressing my thoughts.

## Practice Using "I Feel" Statements

1. **Reflect:** Individually, think about a recent conflict. What did you say that was blaming or accusatory?
2. **Identify Emotions:** Use the Emotions Wheel to identify what you really felt during that moment.
3. **Rewrite:** Convert your accusatory statement into a compassionate "I" statement using the structure provided.
4. **Roleplay:** Exchange your statements with each other. Practice saying and receiving these statements with a focus on empathy.

### The Emotions Wheel



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