

## Expressing Emotions Through "I" Statements

Communicating your feelings and expressing yourself in times of frustration, anger, sadness, and other heightened emotions can be challenging. Try practicing these exercises below; next time, you might find it easier to communicate your feelings.

Example: You come home, and the house is a mess (again).  "How many times have I asked you to clean up after yourself? It's like I'm talking to a wall!"	I feel when I ask you to clean, that you ----- This makes me feel like -----
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Example: Your partner is late meeting you (again).  "You always put me behind everything! Work, parents, friends! You don't care about me at all."	I feel like every time we make plans, you ----- This makes me feel like -----
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Example: Your boss wants you to stay late (again).  "Why am I always the one who has to pick up the extra shifts around here?"	I feel like I'm asked to take more shifts than others because ----- This makes me feel like -----
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Example: Your parents are making unwanted comments about your spouse.  "I never say anything wrong about your messed up relationship, so why do you keep judging mine?"	I feel, as my parents, you shouldn't say that because ----- This makes me feel like -----
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In the boxes below, come up with some examples that might hit closer to home for you. Now, practice how you would use "I" statements in the future to address those issues. Nice work!

Scenario One	"I feel..."
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Scenario Two	"I feel..."
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Scenario Three	"I feel..."
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