

"I" STATEMENTS WORKSHEET

"Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." - Colossians 4:6

WHY USE "I" STATEMENTS?

They help us communicate honestly without blaming, following Christ's call to "speak the truth in love" (Ephesians 4:15)

THE FORMULA:

"I feel ___ (**emotion**)
when __ (**specific behavior/situation**)
because _ (**why it matters to you**)
and I need/would like ___ (request)"

PRACTICE EXAMPLES:

Situation 1:

Blaming statement: "You never listen to me!"

"I" statement: "I feel unheard when I share my concerns and the topic changes quickly, because my feelings matter to me, and I would like us to set aside time to talk without distractions."

Your Turn - Situation from your life:

Blaming statement I've used or wanted to use:

Converted to "I" statement:

BIBLICAL COMMUNICATION PRINCIPLES

- "A gentle answer turns away wrath, but a harsh word stirs up anger." - Proverbs 15:1
- "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs." - Ephesians 4:29
- "Everyone should be quick to listen, slow to speak and slow to become angry." - James 1:19

PRAYER BEFORE DIFFICULT CONVERSATIONS:

"Lord, give me wisdom in my words. Help me speak truth with love, listen with patience, and seek understanding over being understood. Guide this conversation toward peace and reconciliation. Amen."