

# “I Feel” Statements

## Part #1: “ I Feel.....”

## Emotion

- Purpose: Express emotions, own feelings, reduce accusatory language, reduce defensiveness, remove assumptions that others should know/understand, deescalate conflict. .
- Task: Give your emotions a name
  - Angry, afraid, relieved, sad, happy, disappointed, confused, etc.

“I feel relieved”

“I feel overwhelmed”

“I feel sad”

“I feel hurt”

## Part #2: “Because.....”

## Why?

- Purpose: Help others understand what behaviors/actions lead to these feelings to prevent further escalation of negative emotions or increase frequency and awareness of positive emotions.
- Task: Explain what triggered this emotion. Where did it come from?

“I feel relieved, because the home was already clean when I arrive”

“I feel overwhelmed, because the home is not clean”

"I feel sad, because work isn't going well"

"I feel hurt when you ignore my messages"

## Part #3: "I Need...."

## Solution

- Purpose: To resolve or ease negative emotions or to give clarity on what would help.
- Task: State what is needed to fix it. If it can't realistically be fixed now, state what is needed to feel better.

"I feel overwhelmed, because the home is not clean. I need help"

"I feel sad, because the job isn't going well. I need to vent."

"I feel hurt when you ignore my messages. I need a response to know you understand me"

1. Can you identify a time when your needs were not met? How did it make you feel, and can you articulate this using your structured statement?
2. How do you feel about expressing your needs to others? What prevents you from saying what you need emotionally?
3. Consider a fear that you have regarding being vulnerable. How does this fear affect your feelings, and needs?
4. How do you typically react when someone else expresses their emotional vulnerability?