My I Statement Builder

Say how you feel and what you need, without blaming. Fill in each part.

I feel
a feeling word

when
what happened, no blame

because
why it matters to me

I would like
what I need or want next

Feeling words to try

frustrated	hurt	worried	left out
embarrassed	annoyed	sad	disappointed
nervous	overwhelmed	confused	upset
lonely	stressed	ignored	scared

You statement or I statement?

You: You never let me play!
I: **I feel left out when I don't get a turn, because I want to play too. I would like to join the next game.**

You: You always take my stuff.
I: **I feel annoyed when my markers are taken without asking, because I need them for my work. Please ask me first.**

You: You're so rude.
I: **I feel hurt when I get interrupted, because it seems like my ideas don't matter. I would like to finish my turn.**

Before I say it:

- ☐ I am calm enough to talk
- ☐ I use a calm voice
- ☐ I describe what happened, not the person
- ☐ It is a good time and place
- ☐ I look at the person
- ☐ I listen to their side too

Turn It Into an I Statement

Read the you statement. Rewrite it with I feel, when, because and I would like.

Cut out the cards for a group, or work down the page on your own.

1 "You cheated! That's not fair."

I feel _____

when _____

because _____

I would like _____

2 "You never listen to me."

I feel _____

when _____

because _____

I would like _____

3 "You took my seat on purpose."

I feel _____

when _____

because _____

I would like _____

4 "You're always on your phone."

I feel _____

when _____

because _____

I would like _____

5 "You told everyone my secret!"

I feel _____

when _____

because _____

I would like _____

6 "You made us lose the game."

I feel _____

when _____

because _____

I would like _____

7 "You never help clean up."

I feel _____

when _____

because _____

I would like _____

8 "You left me out at lunch."

I feel _____

when _____

because _____

I would like _____

9 "You keep bugging me in class."

I feel _____

when _____

because _____

I would like _____

10 "You ruined my drawing."

I feel _____

when _____

because _____

I would like _____

11 "You always get your way."

I feel _____

when _____

because _____

I would like _____

12 "You didn't text me back."

I feel _____

when _____

because _____

I would like _____

13 Write your own you statement:

_____

I feel _____

when _____

because _____

I would like _____

14 Write your own you statement:

_____

I feel _____

when _____

because _____

I would like _____

15 Write your own you statement:

_____

I feel _____

when _____

because _____

I would like _____

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My I Statement Plan

Plan a real conversation before you have it. Practice it out loud once.

Name: _____ **Date:** _____

1. Who do I want to talk to, and about what?

_____

_____

2. How big is this for me?

Tick one.

- ☐ A little bothered
- ☐ Pretty upset
- ☐ Very upset

3. My I statement

Describe what happened like a video camera would see it. No always, never or name calling.

I feel _____

_____

when _____

_____

because _____

_____

I would like _____

_____

4. If they get upset or say no, I can:

- ☐ Listen and say what I heard
- ☐ Stay calm and say it once more
- ☐ Take a break and try later
- ☐ Ask a trusted adult for help

My own idea: _____

5. After I said it

What happened: _____

_____

What went well: _____

Next time I will try: _____

How did I feel after?

- ☐ Better
- ☐ About the same
- ☐ Still upset

One thing I am proud of, or a drawing of how it went:

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