

I-Statements

I-statements are great to use for conflict resolution or to help you express your feelings without assigning blame or making someone else feel defensive. Acknowledging how you feel and why is empowering and can help alleviate miscommunication which leads to more negative outcomes. I-statements show the other person you would like a constructive, blame-free conversation. Kids and adults alike can use this format to improve communication, express feelings, and improve relationships.

I feel...

When...

Because...

I need...

Examples

I **feel** irritated **when** you come into my room without knocking **because** it tells me you don't respect my privacy. I **need** you to knock before coming in.

I **feel** lonely **when** you come home from work and go straight to your office without acknowledging me **because** I worry you don't like to spend time with me. I **need** you to spend some time with me when you get home from work.