

# I Feel Statements

When we feel upset, angry, tired, worried, or sad, we sometimes end up blaming other people by starting off our sentences with "You" statements. "I feel" statements are a way to help us talk through our feelings without blaming others.

Notice the difference in how these sentences sound below.

You Statements	"I Feel" _____ "When" _____ Statements
"You never let me do anything fun!"	"I feel sad when I don't get time to play or choose activities."
"You're always mad at me."	"I feel nervous when I think you're upset with me."
"You're not fair!"	"I feel angry when rules feel different for me than for others."
"You're the meanest person ever!"	"I feel hurt when I get in trouble and don't understand why."
"You never help me."	"I feel worried when I don't know how to do something by myself."
"You don't listen to me."	"I feel upset when I try to explain myself and don't feel heard."

Now It's your turn!

Practice changing the You Statement into an I Feel Statement

You Statements	"I Feel" _____ "When" _____ Statements
"You're always cheating!"	I feel _____ when _____
"You're always yelling at me!"	I feel _____ when _____
	I feel _____ when _____

"You always think I'm lying!"

"You always take their side!"

"You make everything my fault!"

"You like them more than me!"

"You make too many rules!"

"You are big no good jerk!"

"You're always rushing me."

"You always say no to whatever I want."

"You're never on my side!"

"You always think I'm getting into trouble!"

"You never let me pick!"

"You are the worst person ever!"