

I Feel Statements

We all have hard days as a parent. When parents feel stressed, anxious, frustrated, upset, or unheard by their children we often start our sentences with "You" statements about the child's behavior, decisions, and attitude. This usually leads to arguments, meltdowns, and more stress. "I feel" statements are a way to help us talk with children about our feelings and concerns that reduces blame, models emotional awareness, and supports with setting limits when needed.

Notice the difference in how these sentences sound below.

You Statements	"I Feel" _____ "When" _____ Statements
"You're always on your phone."	I feel disconnected when we don't spend time talking at dinner because I value our time together.
"You never think before you act!"	I feel worried when you make fast choices because you can get hurt.
"You're not trying hard enough."	I feel concerned when I don't see your effort put into school because I know you're capable of doing more.
"You're being rude/disrespectful."	I feel frustrated when I'm spoken to that way because respect is important in our family.
"You always argue with me."	I feel exhausted when conversations turn into arguments because I want us to talk through problems calmly.

Now It's your turn!

Practice changing the You Statement into an I Feel Statement

You Statements	"I Feel" _____ "When" _____ Statements
"You never listen to me."	I feel _____ when _____
"You always leave a mess behind."	I feel _____ when _____
	I feel _____ when _____