

I Feel Statements

When we feel stressed, anxious, frustrated, upset, or unheard we often start our sentences with "You" statements. "I feel" statements are a way to help us talk through our feelings without blaming others and can help reduce arguing when stressed.

Notice the difference in how these sentences sound below.

You Statements	"I Feel" _____ "When" _____ Statements
"You never trust me."	"I feel frustrated when I don't feel trusted to make choices."
"You embarrass me on purpose."	"I feel embarrassed when you share personal things about me."
"You only see what I do wrong."	"I feel discouraged when my effort isn't recognized."
"You don't care how stressed I am."	"I feel overwhelmed when my stress isn't noticed or asked about."
"You're always on my case."	"I feel annoyed when I'm reminded about things over and over."
"You don't get me at all."	"I feel disappointed when my interests aren't acknowledged."

Now It's your turn!

Practice changing the You Statement into an I Feel Statement

You Statements	"I Feel" _____ "When" _____ Statements
"You never give me space."	I feel _____ when _____
"You always compare me to others."	I feel _____ when _____
	I feel _____ when _____