

## I Statements in Conflict Communication:

Using “I statements” is an effective way to express your feelings without blaming or projecting onto the other person.

Remember, communication is about sharing your own perspective peacefully, not forcing someone to understand or accept it.

Because “I statements” speak from your own experience, they prevent the other person from feeling attacked or blamed.

- “I statements” emphasize communication over accusations.
- Instead of saying, “You made me feel \_\_\_\_”, which blames the other person for your emotions, it’s more helpful to say, “I feel \_\_\_\_ when \_\_\_\_”, which focuses on describing your feelings and explaining the situation from your perspective.



Practice using “I statements” by completing the sentences below:

- I feel \_\_\_\_\_ when \_\_\_\_\_
- I get overwhelmed when \_\_\_\_\_ because \_\_\_\_\_
- I need \_\_\_\_\_ because \_\_\_\_\_
- I feel unappreciated when \_\_\_\_\_
- I get frustrated when \_\_\_\_\_

