

# I-Statement:

I feel \_\_\_\_\_

when \_\_\_\_\_

because \_\_\_\_\_

## Problem solving steps:

- Calm your mind and body
- Express yourself using an I-statement
- Resolve the conflict OR use a coping skill to help you to deal with the problem/emotions you are experiencing

We use I-Statements when we need to express ourselves or when we want to resolve conflict. I-statements help us to focus on the issue and how it makes us feel without putting the blame on others or making the situation worse by upsetting other people. I-statements work so well because no one can argue with how a situation makes you feel and if they know that it makes you feel negatively they are likely to help resolve the issue or to keep it from happening again. Sometimes we use I-statements for things that there aren't solutions for, but it allows us to express ourselves so that others can better understand how we are feeling. When that happens they are more likely to know how to comfort us and you're more likely to feel better for having talked about it.

Your sister took your clothes without asking	Your friend keeps interrupting you when you're trying to tell a story
A classmate keeps calling you an annoying nickname	Your parents don't trust you to go to the school dance
Your friends left you out of the basketball game at recess	A neighbor was playing loud music so you didn't sleep well
You were given a lot of extra chores to do on a week that you have a large project due at school	Your grandmother bought your sister a way cooler gift for her birthday than she did for yours
Your best friend wants to play a prank on your other friend	Your teacher didn't call on you even though you raised your hand
The bus driver won't let you sit by your best friend on the bus	Your friend keeps bragging about her perfect score she got on her math test
You didn't win a contest you worked hard on	Your cousin has a later bedtime than you do
Your brother keeps cheating when you play board games together	You got in trouble for talking in class

## Discussion Questions:

- Do I-statements always solve your problems?  
Why/why not?  
Is it still helpful to use an I-statement if it doesn't?
- What happens when you don't use I-statements?
- How can using I-statements positively reflect in your character? (self-control, kind, patient, etc.)
- When is it hardest to use I-statements?  
When is it easiest to use I-statements?
- When can you plan on using an I-statement this week?
- How will you remind yourself to use I-statements?
- What might change in your life if you start using I-statements?
- What might happen if we don't start using I-statements or use them regularly?
- How will others view us when we use I-statements?
- Are we likely to have more or less problems if we use I-statements?

# Examples of I-Statements

I feel frustrated when you use my clothes without asking because I wanted to wear it and I don't want anything to happen to it.

I feel annoyed when you call me that because that isn't my name and I don't like it.

I feel hurt when you leave me out of games because I enjoy playing with you all and I don't want to be left out.

I feel overwhelmed when I have extra chores on weeks that I have a large project due at school because I don't feel like I have enough time for all of these responsibilities.

I feel worried when people play pranks because I would hate if someone played a prank on me and I don't want anyone's feelings to be hurt or to get into trouble.

I feel disappointed when I can't sit with my best friend because we always make responsible choices when we are together and I can better enjoy my time on the bus.

I feel sad when I fail at winning something I work hard on because it is important to me.