

I Feel Statements Worksheet

Name: _____ Date: _____ dd / mm / yyyy

I. IDENTIFYING EMOTIONS

Check the emotion(s) that you're feeling right now:

Emotions feeling right now

- ☐ Angry
- ☐ Sad
- ☐ Frustrated
- ☐ Anxious
- ☐ Happy

Others:

Check the emotion(s) that you often feel in difficult conversations or conflicts:

Emotions in difficult conversations

- ☐ Angry
- ☐ Sad
- ☐ Frustrated
- ☐ Anxious
- ☐ Happy

Others:

II. SITUATION ANALYSIS

Describe a specific situation where you felt a strong emotion:

What was the trigger for the emotion? What specific words or actions triggered your emotional response?

What was the underlying need or desire that wasn't being met in the situation?

III. PRACTICE I FEEL STATEMENTS

Based on the situation you described, create an I Feel Statement using the following format: "I feel _____ when _____ because _____."

Example: I feel hurt when you cancel our plans at the last minute because it makes me feel like you don't value our time together.

I feel _____ when _____ because _____.

I feel _____ when _____ because _____.

I feel _____ when _____ because _____.

IV. REHEARSING COMMUNICATION SKILLS

Choose one I Feel Statement that you created and practice saying it out loud.

Practice active listening by having a partner repeat back what they heard you say.

Practice empathy by imagining how the other person might be feeling in the situation.

V. REFLECTION

How did it feel practicing your emotions using the I Feel Statement technique?

What was the other person's reaction to your I Feel Statement?

How might the situation have been different if you had not used an I Feel Statement?

What can you do to continue to improve your communication skills and express your emotions in a clear and effective way?