“I feel” Statements

I statements are a great way to tell someone how you are feeling, and what you need, without them feeling attacked or judged. I statements have four parts:

1. I feel...
2. When you...
3. Because...
4. I need...

A good way to speak assertively and stand up for yourself and your rights is to use I statements. It’s important to remember that you want to say how you feel and why you feel that way. When filling out the “because” line, make sure you think about why you feel that way – and try not to name call. For example, saying “I feel mad when you call me names because you’re a big nincompoop” isn’t going to be as effective as saying “I feel mad when you call me names because it hurts my feelings.” I statements also work great to tell people how good you feel!

I feel happy, excited

when you take me out to a restaurant, just the two of us!

because I really like spending time with you!

You can practice your I Feel Statements below! Need some help coming up with different names for feelings? Check out our [Alphabet Feelings List](http://mrws.cfs.mrwebsites.ca/mrws/filedriver/Alphabet_Feelings_List.pdf).

1. You're in line at a water fountain and someone cuts in front of you:

I feel mad, upset

when you cut in line, don’t follow the rules

because it’s disrespectful to the others who have been waiting.

I need you to wait your turn at the back of the line.

1. Your brother comes into your room to play with your toys without asking. Do you:

I feel Click here to enter text.

when youClick here to enter text

because Click here to enter text.

I need Click here to enter text.

1. Your friends want to go see a movie, but you really want to go play in the park. You suggest going to the park but they say no. You ask if they would be up for going to the park after the movie, and they still say no.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.

1. You worked really hard on a paper for school. Your teacher gives you a bad grade, and you feel like you deserve a better one. You decide to go talk to your teacher about your grade.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.

1. You bought a really cool pair of shoes, and are really excited to show your friends. When you get to school the next day, you find out one of your friends also has the same pair of shoes. Your friend is upset that you have the same pair of shoes and you decide to talk to them about it.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.

1. You hear from one of your best friends that another friend is talking about how ugly the sweater is you wore yesterday.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.

1. You are in the middle of playing a game online that can't be saved until you finish the mission. Your mom comes in and asks you to come help with the dishes. You ask your mom for ten minutes to get through to where you can save it, but she gets upset and shuts off your machine.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.

1. You make plans with your friend to go out to a movie. You arrive at the agreed upon time, but your friend doesn't show up. This is the second time it’s happened. You decide to talk to your friend next time you see them.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.

1. You're in a restaurant with your family and you order a strawberry milk shake. The server brings you a vanilla one. You politely explain the mistake, thank them, and ask for a strawberry one instead. Your cousin tells you that you shouldn’t have made such a big deal about it.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.

1. Your friend keeps making jokes about other kids at school that you don't think are funny. You've told her several times that you don't want to hear those kinds of jokes, but she keeps making them anyways. You decide to talk to her about it.

I feel Click here to enter text.

when you Click here to enter text.

because Click here to enter text.

I need Click here to enter text.