



## ALYSSA MOORE COUNSELING

### Using “I” Statements

I statements are a way for you to own your own feelings and improve communication, especially when you feel angry or upset. Using “I” statements is a style of communication that is grounded in the feelings or beliefs that you are experiencing instead of focusing on how you are thinking about the person you are talking with. The reason that “I” statements are helpful is because they allow you to communicate what is happening for you emotionally in a way that is less likely to trigger defensiveness in the person you are communicating with. “I” statements allow you to speak in an assertive way, and advocate for your needs, without making accusations about the person you are talking with.

The formula for using “I” statements looks like this:



“I feel \_\_\_\_\_ when \_\_\_\_\_ because \_\_\_\_\_. What I need is \_\_\_\_\_”

#### Examples of “I” statements:

“I feel frustrated when you don’t include me in making your weekend plans because we don’t end up working together on common projects around the house. What I need is for us to make a plan together.”

“I feel unimportant when you don’t answer texts while with friends because I feel ignored. What I need is for you to periodically respond to my texts even when you are with friends.”