



My I-Statements Worksheet

Five short steps, from a blaming 'you' to an honest 'I', ending with how the conversation went. The formula: I feel ___ when ___ because ___. I'd like ___. If someone in your life is controlling, threatening or violent, speaking up can make things more dangerous: talk to a domestic abuse service first (UK 0808 2000 247, US 1-800-799-7233).

01 Turn 'you' statements into I-statements

Write down things you've said, or wanted to say, that start with 'you'. Then rewrite each one with the formula. Example: 'You're always late' becomes 'I feel stressed when we're late for things, because I hate letting people down. I'd like us to leave ten minutes earlier.'

The 'you' statement

What I said or thought

The I-statement

I feel... when... because... I'd like...

02 Find the feeling underneath

Blame often sits on top of a softer feeling. Tick the ones that fit the situation you most want to talk about, or add your own.

- ☐ Hurt
- ☐ Ignored or unheard
- ☐ Worried or anxious
- ☐ Let down or disappointed
- ☐ Overwhelmed or stretched
- ☐ Embarrassed
- ☐ Lonely or left out
- ☐ Frustrated
- ☐ Taken for granted

Any other feeling, in my own words:

03 Practise for a real situation

Pick one conversation you'd like to have. Build the I-statement one part at a time, then put it together. Keep the 'when' part to what happened, not what you think it means.

Who it's with, and what it's about:

I feel...

when... (what happened, just the facts)

because... (why it matters to me)

I'd like... (one clear, doable request)

Put together, in words that sound like me:

When and where I'll say it (a calm moment, not mid-argument):

04 What I'll say if they push back

They might argue, get defensive or bring up something else. Decide now how you'll stay calm. One technique from assertiveness training is the broken record: repeat your main point in the same few words, kindly, without a new reason each time.

What they might say

What I'll calmly say back

My one-line broken record:

e.g. 'I hear you. I'd still like us to put phones down at dinner.'

If it gets too heated, what I'll do (e.g. suggest a break and a time to come back to it):

05 After the conversation

Come back to this once you've said it. Whatever happened, you practised a hard skill.

What I said, and how they responded:

How well did I say what I meant?

1	2	3	4	5	6	7	8	9	10
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Not at all

Exactly as I meant it

What went well:

What I'd try differently next time:

When you're done, a moment to reflect

- Which 'you' statement comes out of you most often, and what feeling is usually underneath it?
- Who is it easiest for you to be honest with, and who is it hardest? What's the difference?
- What are you afraid will happen if you say how you really feel?
- What would it be like to be heard, even if you didn't get what you asked for?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.