

I Statements

Name: _____

Directions:

1. Think about something that made you feel a big emotion.
2. Under "**I feel**," write the word that describes that emotion.
3. Under "**When you**," write what another person did to cause that emotion.
4. Under "**and I want**," write what you would like the other person to do differently.

I feel

When you

and I want
