

★ I - Statements ★

When I express myself with I-messages,
I use a **firm** and **gentle voice** and communicate:

I feel... _____

Example: Identify your emotion (e.g., hurt, angry, frustrated) without blame.

When... _____

Example: Describe the specific behavior or event you observed neutrally.

Because... _____

Example: Explain the direct impact of that behavior on you or your situation.

(My needs)... _____

Example: State your specific, clear, and positive request for a solution or need.

