

# "I" Statement

I feel \_\_\_\_\_  
(sad, scared, angry, happy, weird...)

When \_\_\_\_\_  
(tell when you feel this way)

Because \_\_\_\_\_  
(tell why you feel this way)

What I Really Need is \_\_\_\_\_

\_\_\_\_\_  
(tell the person what would make things better for you)

Name: \_\_\_\_\_