



# The 'I Statement'

*Communicating My Needs Without Blame*

I feel \_\_\_\_\_

(tell what you are feeling; sad, disappointed, discouraged, lonely, etc.)

When \_\_\_\_\_

(tell when you feel this way)

Because \_\_\_\_\_

(tell why you feel this way, what is happening to cause the above feeling)

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

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(be clear about what you need from the other person)