

# Learning “I” Statements

With “I” statements, students can convey messages in a clear, non-defensive, and nonjudgmental way. Teach your students to use “I” statements to better communicate their needs and feelings without blame.

## Examples of “I” Statements

**1 What are you seeing, hearing, or otherwise sensing?**

When I heard you speaking to our friends about me negatively...

**2 What emotions are you feeling?**

...I felt sad and disappointed...

**3 What are your interpretations or needs that support those feelings?**

...because I believed you cared for me.

*Try an “I” statement here...*

## Your “I” Statements

**1 What are you seeing, hearing, or otherwise sensing?**

**2 What emotions are you feeling?**

**3 What are your interpretations or needs that support those feelings?**

*Try a complimentary “I” statement here...*

## Examples of Complimentary “I” Statements

**1 What are you seeing, hearing, or otherwise sensing?**

When I saw you defending me to our friends...

**2 What emotions are you feeling?**

...I felt happy and supported...

**3 What are your interpretations or needs that support those feelings?**

...because I knew I could trust you.

*Try a complimentary “I” statement here...*

## Your Complimentary “I” Statements

**1 What are you seeing, hearing, or otherwise sensing?**

**2 What emotions are you feeling?**

**3 What are your interpretations or needs that support those feelings?**