

I Statements Worksheet

Name: _____ Class: _____ Date: _____

A. Complete the I Statement

Fill in the blanks with your own words.

1. I feel happy when _____.
2. I feel sad when _____.
3. I feel excited about _____.
4. I feel worried when _____.
5. I feel proud when _____.
6. I feel angry when _____.

B. Change the Sentence

Rewrite each sentence as an **I statement**.

7. "You are always interrupting me."

I statement:

8. "You took my pencil!"

I statement:

9. "You never help me."

I statement:

10. "You are making too much noise."

I statement:

C. Choose the Best I Statement

Circle the best answer.

11. Your friend keeps interrupting you.

a) "You are so annoying!" b) "I feel frustrated when I am interrupted." c) "You never behave properly!"

12. Someone borrows your things without asking.

a) "I feel uncomfortable when my things are taken without asking." b) "You are selfish!"
c) "You always ruin everything!"

13. Your group is not listening to your idea.

a) "Nobody cares about me!" b) "You never listen!"
c) "I feel disappointed when my ideas aren't heard."

D. Match the Parts

Match each beginning with the best ending.

1. I feel happy... _____
2. I feel nervous... _____
3. I feel frustrated... _____
4. I feel proud... _____

- A. when I have to speak in front of the class.
- B. when I finish something difficult.
- C. when my friends include me.
- D. when I cannot solve a problem.

E. Write Your Own

Write an I statement for each situation.

14. Someone cuts in front of you in a line.

"I feel _____."

15. Your friend helps you with your homework.

"I feel _____."

16. You are left out of a game.

"I feel _____."

F. My Feelings

Complete these sentences.

One thing that makes me happy:

One thing that makes me worried:

One thing I am proud of:

One thing I would like others to understand about me:

G. Remember!

An effective I statement often follows this pattern:

I feel + feeling + when + situation.

Example:

“I feel worried when I don’t know what to do.”

My I Statement

What Is an “I Statement”?

An **I statement** tells someone how **you feel or what you need** without blaming them.

Example:

Instead of: “You never listen to me!”

Say: **“I feel upset when I am not listened to.”**

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