The Formula for Communicating with "I Statements"

(Communicating Difficult Feelings)

Ifeel (state a feeling)

when (what specific behavior was done that you are responding to)

because (what need is not being met and what are the thoughts or beliefs about that need) .

What Iwant is------(describe the exact behavior that would meet your need)

"I Statements" help us to not use blaming "you" messages and to communicate four things:

1. The feeling I am having.
2. What the behavior is that I am responding to.
3. Why (the unmet need) I am feeling/responding they way I am.
4. What it is that meets the need I have.

Example:

I feel ill!1ID': (the feeling)

when I am interrupted while I am speaking (the behavior I am responding to)

because I feel I have something to say about this. (the belief and unmet need) What I want is to give my opinion uninterrupted. (how the need can be met)

Things to remember about "I Statements":

1. It loses its effectiveness if the statement points blame at anyone. It is not about who did what, but how I feel about what happened and how it can be resolved.

Wrong example: I feel angry when you interrupt me.

Better example: I feel angry when I'm not listened to. Wrong example: I feel upset when you lie to me. Better example: I feel upset when I'm lied to.

Wrong example: What I want is for you to stop lying. Better example: What I want is the truth.

1. It must be short with specifics-specific feelings and specific behaviors .