**I Statements**

I feel [angry, frustrated, sad]
when you [event that evoked your feeling(s) or desire (typically something you BOTH can agree on)]
because [effect the event has on you]

**Other Formulas**

I [resent it, dislike it, get frustrated] when you __________ because.

I [appreciate it, like it, enjoy it] when you ____________.

When you ____________, I feel __________ because ______

**Situations for "You" and "I" Statements**

I feel ______ when you ____________.

Ask students to suggest other similar frames for "I" statements (e.g., I'm _______ because you ____________.

Read the following situations and write an "I" statement. Use the guidelines.

**Situation A:** Jill and Donna are working on a project together. Jill was supposed to bring in newspaper clippings for them to work on together. Jill forgot, and now the project will have to be handed in late, resulting in a lower grade for both of them. Donna says:

**Situation B:** Dan and Gene are roommates. Dan often comes home late from parties and makes a lot of noise, waking Gene from his sleep. This has happened again, and Gene says:
Situation C: Franco and Chang are classmates, and they sometimes eat lunch together in the cafeteria. Franco has the habit of forgetting his meal ticket, and Chang has repeatedly given him a meal from his own meal ticket. Lately, Chang is beginning to wonder if Franco forgets or if he just wants a free lunch. At the next incident Chang says:

Situation D: Bob and Howie work together in after-school jobs in a supermarket. At work Bob is friendly with Howie, and they joke around and take their breaks together. However, when they are in school, Howie notices that Bob never talks to him or invites him to each lunch in the cafeteria. Today Bob was eating with a group of his friends when Howie came to the table; everyone left the table as soon as Howie sat down. After work Howie says to Bob: