



Bay Brooke Center

For Independence & Wellness

PARENTING AND DIVORCE CLASS.COM

A Parent Education and Family Stabilization Course

"I" Statements Log

Tips for creating "I" Statements

1. Use the list of feeling words on the following page to help you identify your feelings.
2. When you use the words **like**, **that**, and **as if** after you state "I feel," you will be expressing a thought or a belief rather than an emotion. By using these words you run into the risk of lighting the fuse because you may communicate a judgment. The other person may feel tempted to counterattack or defend herself against your perceived judgment. Although no one has the right to criticize your feelings, thought and judgments are fair game. Attempt to accurately identify your feelings and include them in your communication.

For example:

Don't Say: I feel *like* you never appreciate what I do. (thought)

Say: I feel unappreciated when my efforts go unnoticed. (expression of feeling)

Don't Say: I feel *that* you should increase the child support now that you have a new job. (judgment)

Say: I feel overwhelmed and resentful when I see how financially comfortable you are while I live paycheck to paycheck and what... (expression of feelings)

Don't Say: I feel *as if* you don't care about how badly our daughter looks. (thought or assumption)

Say: I feel embarrassed when she is dressed so shabbily because... (expression of feeling)

Directions: During the next week record two "I" statements that you used with your co-parent. Be brief and to the point. The goal is to include all the parts of an "I" statement in one or two sentence.

1. I feel/felt _____

when _____

because _____

and what I'd like is _____

2. I feel/felt _____

when _____

because _____

and what I'd like is _____

Descriptive Feelings

Directions: Post this list somewhere you and your child can see it, such as on your refrigerator. Practice identifying your feelings in front of your child and encourage your child to do the same. As you develop your feelings vocabulary, add other feelings words to this list.

| FEELING WORDS LIST | | | | | |
|---------------------------|--------------|-------------|----------------------------|--------------|--------------|
| PLEASANT FEELINGS | | | UNPLEASANT FEELINGS | | |
| Alive | Amused | Accepted | Annoyed | Afraid | Anxious |
| Affectionate | Alert | Adequate | Agitated | Angry | Aggressive |
| Assured | Blest | Brave | Aggravated | Abused | Blue |
| Bold | Buoyant | Cocky | Bitter | Betrayed | Bored |
| Cheerful | Content | Caring | Confused | Crushed | Down |
| Calm | Casual | Confident | Distracted | Disappointed | Dissatisfied |
| Capable | Competent | Encouraged | Depressed | Disgruntled | Exhausted |
| Empathetic | Expectant | Excited | Envious | Embarrassed | Frustrated |
| Energetic | Ecstatic | Fascinated | Frightened | Hurt | Helpless |
| Fortunate | Fine | Friendly | Horrible | Hopeless | Insecure |
| Glad | Determined | Great | Infuriated | Ill | Incompetent |
| Good | Goofy | Gutsy | Irritated | Livid | Lost |
| Hopeful | Happy | High | Miffed | Mean | Nervous |
| Humble | Joyful | Intense | Outraged | Offended | Provoked |
| Important | Loving | Optimistic | Possessive | Pushed | Peeved |
| Overjoyed | Playful | Peaceful | Putout | Rage | Rejected |
| Pleased | Proud | Positive | Remorse | Resentful | Stunned |
| Powerful | Relaxed | Refreshed | Shaky | Stupid | Sullen |
| Relieved | Sincere | Secure | Sad | Spiteful | Tense |
| Silly | Satisfied | Snappy | Ticked off | Timid | Tired |
| Snappy | Surprised | Sympathetic | Trapped | Un-amused | Useless |
| Successful | Sassy | Thankful | Uneasy | Vengeful | Inadequate |
| Thrilled | Warm & Fuzzy | Wonderful | Worn | Worried | Weary |