CAREOPS MAEUMI

I-statement worksheet

Describe what happened without judging it, then add your feeling and how it affected you.

1. What the other person did

Describe what actually happened, without judging it. e.g. you arrived 30 minutes late without a message

2. How I felt

Choose the word closest to your feeling. e.g. worried

3. How it affected me

Name what actually changed for you. e.g. I had to cancel our table.

4. A request (optional)

Add one thing you would like, if you want to. e.g. Could you text me if you're running late?

Put it together

When _____, I felt _____. It affected me because _____. (Could you _____?)

Based on the three parts of Thomas Gordon's I-message: behavior, effect and feeling.

Use the free web tool: https://maeumi.app/tools/i-message