

Let's practise 'I' statements

- * **I feel**.....(emotion / state feeling)
- * **When**.....(description / state behaviour)
not I FEEL THAT as this is an opinion
- * **because I need**.....(universal need)
not 'I NEED YOU TO' as this is a request
- * **Would it be possible / would you be willing**
.....(Request)

Examples of using 'I messages':

I felt **upset and disappointed**,
when I **realised the dishwasher hadn't been emptied**.
I need **to feel valued and loved**.
Would it be possible to **check and see if the dishwasher needs emptying?**

I feel **angry and hurt**,
when I am **pushed out the way**.
I need **to feel safe and respected**.
Please could you **ask me to move next time?**