



"I Feel" Statements

"I feel" statements are a foundation of communication skills at Open Sky. We value "I feels" because they support assertive communication about difficult issues. Here is the format for an "I feel" statement:

The Speaker:

I feel _____ when _____.
(use feeling words only, such as hurt, sad, scared, guilty, confused) (an event – what did you see or hear)

I imagine I feel this way because _____ In the future _____.
(Your belief about the event – what do you imagine was going on with the other person that would explain what happened or is happening). (A request for what you would like to see).

The Listener reflects:

So you feel _____ when _____.
You imagine you feel this way because _____.
In the future, you'd like _____.

The Listener adds: **Did I get that right? Did I miss anything? Is there more?** The listener then takes a few moments to do a feelings check.

General Guidelines for Effective "I feel" Statements:

- Keep "I feels" concise and stick to one subject at a time – if they are too long they become impossible to reflect.
- Refrain from justifying or explaining.
- Remember that "I feels" are not meant to solve a given situation but rather to provide a forum for expressing feelings.
- Practice, practice, practice...with peers, guides, therapist, family members via letters, or in journal writing.

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Feelings Check: Emotion Resource Guide

