# “I Statements” Worksheet 1: Gap Fill

Complete the “I Statements” with phrases from the box below and the hints in brackets (). Also choose a feeling or feelings for the correct place in the sentences. Phrases and feelings can be used more than once. For the feelings you can choose any feeling you want, including feelings not in the box. You can also check the examples on the I “Statements” handout.

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| **Phrases** | **Feelings (student’s choice)** |
| I feelwhen I | uncomfortablestressedworriedsad | disappointedfrustratedannoyeddistracted |

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| --- | --- | --- |
| https://img.clipartxtras.com/81ca87a968d6a76c7fafa036493f7890_dirty-house-cliparts-free-download-clip-art-free-clip-art-on-messy-house-clipart_450-315.jpeg | Example“**When I** am presenting an idea for a homework assignment we end up shouting at each-other,**I feel** frustrated and annoyed.**And what I'd like is** to be able to speak to each-othercalmly without shouting at each-other.” | http://www.leadershipwithsass.com/wp-content/uploads/2012/11/BorrowingKeysResize.jpg |
| 1. “ come home and the house is messy,

I feel .This is what I want to happen. I want (house) .” |
| 1. “ don’t get back something that someone borrowed from me when I expect to,

 stressed and worried,And what I need is (make clear) .” |
| http://www.talkingmats.com/wp-content/uploads/2013/09/talking-mats-who-we-are.jpg | http://www.bloggingtips.com/wp-content/uploads/2014/12/Event-Blogging-Strategies.jpg |
| 1. “ am interrupted and not able to complete what I'm saying,

 ,This is what I want to happen. I want (finish) .” |
| 1. “ am organising an event and there is uncertainty about who is doing each task,

 ,And what is important to me is (communication) .” |