

Name : \_\_\_\_\_ Date : \_\_\_\_\_

# "I Feel" Statements

**Instructions:** Change blaming statements into "I feel" statements.

**Example:**

"You never listen to me!" → "I feel ignored when I'm not heard."

- 1.) You never pay attention to me.  
→ \_\_\_\_\_
- 2.) You always make everything about yourself.  
→ \_\_\_\_\_
- 3.) You don't respect my opinion.  
→ \_\_\_\_\_
- 4.) You are always on your phone when I talk.  
→ \_\_\_\_\_
- 5.) You never spend time with me.  
→ \_\_\_\_\_
- 6.) You always forget what I tell you.  
→ \_\_\_\_\_
- 7.) You don't listen to my ideas.  
→ \_\_\_\_\_
- 8.) You always blame me for everything.  
→ \_\_\_\_\_
- 9.) You never try to understand me.  
→ \_\_\_\_\_
- 10.) You always criticize me.  
→ \_\_\_\_\_