

# Making I - Statements

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# The 5 Step Formula

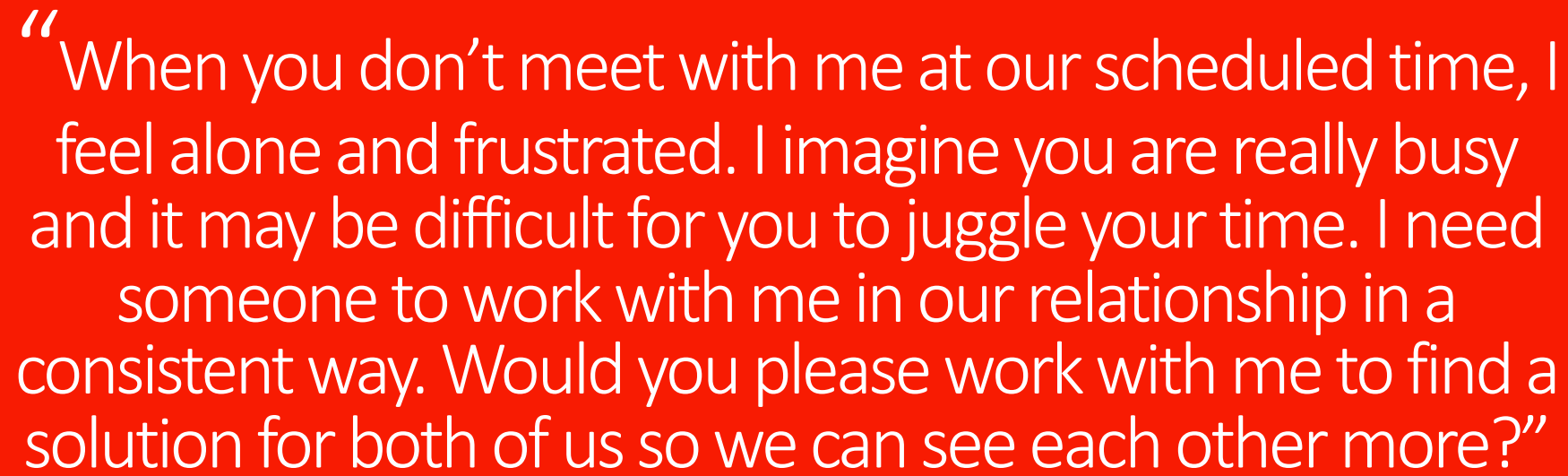
- **When you...**
- **I feel...**
- **I imagine...**
- **I need/want...**
- **Would you...**

# Application

- **When you** (state specific action)
- **I feel** (what you feel or want)
- **I imagine...** (try to imagine the other person's perspective)
- **I need/want...**(You want to identify what you want and need in this situation)
- **Would you...**(Make a specific request)

## Common errors

- 1. Avoid inserting “that” or ”like” (I feel should always be followed by a feeling)
- 2. Avoid Disguised YOU statements... (I feel that you...)
- 3. Avoid accentuating your negative feelings
- 4. Avoid downplaying the intensity of your feelings (Learn to express primary feelings before you get angry)



“When you don’t meet with me at our scheduled time, I feel alone and frustrated. I imagine you are really busy and it may be difficult for you to juggle your time. I need someone to work with me in our relationship in a consistent way. Would you please work with me to find a solution for both of us so we can see each other more?”