



# "I FEEL" FORM

Take ownership of your feelings and use assertive language to be clear about what you want and need. Use this worksheet to help you practice using "I statements."

I feel \_\_\_\_\_ because \_\_\_\_\_

Could you please \_\_\_\_\_ ?

That would make me feel \_\_\_\_\_

I feel \_\_\_\_\_ because \_\_\_\_\_

Could you please \_\_\_\_\_ ?

That would make me feel \_\_\_\_\_

Happy	Grumpy	Excited	Confused	Overwhelmed
Sad	Worried	Calm	Relaxed	Surprised
Upset	Hungry	Embarrassed	Nervous	Shocked
Angry	Sleepy	Cold	Shy	Mad