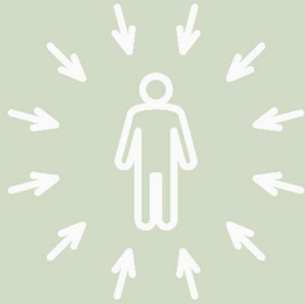


"I statement"



I feel:

" _____ "

-**Feeling words only.** Do not include your thoughts/opinions about the other person



When:

" _____ "

-**Do not** use words like never and always
-Keep it current



Because:

" _____ "

-How did they **actions** affect you



Next time please:

" _____ "

-Remember this may require **more conversation** in order to be manageable for both parties