

Resource 7 (Activity 3)

Name - Don't Blame

Steps to take when expressing feelings:

1. Name the feeling. Pause to recognise exactly what you are feeling and put a name on it.

2. If possible, understand the source of your feeling. Why do you feel this way? If you don't understand why you feel this way, that's OK. Sometimes we may not know the reason why we feel as we do.

3. Know that the feeling is yours. Feelings are neither right nor wrong. What we do with them is our responsibility.

4. Own your own feelings when you speak. Use "I" statements - these have three parts:

- a. "When you..."
(Describe what the other person said or did)
- b. "I feel..."
- c. "Because..."
(The focus is on how the feelings affect you)

5. Speak in the present, feelings change over time. When saying how you feel, be specific. Avoid generalisations - instead of "You are horrible, you always forget my birthday" it is better to say "When you forgot today is my birthday, I felt upset because I was feeling uncared about".

Resource 8 (Activity 3) 'I' Statements (1 of 2)

Some hints:

1. Remember that 'I' statements have three parts:
 - "When you..." (Describe what the other person said or did)
 - "I feel..."
 - "Because..." (The focus is on how the feelings affect you)
2. Disguised 'You' statements begin with 'I feel that you...' or 'I feel like you...' they can still sound like a person is being accused or criticised. For example, 'When you interrupted me speaking, I felt that you did not want to listen to me'.
3. Try to be as specific as possible and avoid making generalisations.
4. Try to use 'I' statements to express positive feelings also. For example, 'When you stood up for me, I felt really happy because it shows that you care about me'.

Some examples to try:

1. You have decided to surprise your parents by cleaning the house. In the rush to get it all done before they come home, you break a favourite ornament and they get angry with you.

When you

.....

I feel

.....

Because

.....

Resource 8 (Activity 3)

'I' Statements (2 of 2)

2. You have been queuing since 8am to get tickets for your favourite band. There are only two people in front of you, when the tickets are sold out. Your friend managed to get a ticket and is gloating about it.

When you

I feel

Because

3. It is your birthday. You arrive to school and your friends have bought you a card.

When you

I feel

Because

4. Your friend is keen to get a place on the soccer team. You go along to keep him/her company. You get the place and they don't.

When you

I feel

Because
