

Anger Management Worksheet: Using "I" Statements

Purpose:

Open communication builds trust, solves problems and helps you feel more in control of your emotions specifically anger. Talking honestly and calmly about how you feel helps others understand your perspective and can prevent misunderstandings. It also gives you a healthy way to express your emotions instead of holding them in or exploding.

One effective tool of communication while you are angry or in a conflict is using "I-statements."

By using 'I-statement', you:

1. Take ownership of your emotions and thoughts.
2. Avoid blame and defensiveness.
3. Promote assertive communication.

Example of I-statement: I felt disrespectful when you shouted at me yesterday.

Instead of saying: You are always aggressive and talk to me rudely.

A simple formula of how to use I-statements:

Your emotions starting with 'I' + Other person's behavior/ action that upsets you + Desired behavior + Consequences (if not so)

Examples of 'I-Statements':

	Your emotions	Other person's behavior / action	Desired Behavior	Consequences (if repeatedly not so)
1.	I feel angry	When you make fun of me in front of everyone	I would appreciate if you could be careful next time	If this behavior continues, I'm afraid it could seriously impact our friendship.
2.	I felt disrespectful/ upset	When you body shamed me	I want you to refrain from passing such	If you continue doing this,

		yesterday and called me 'fat'	personal remarks in future	i)I will stop interacting / socializing with you OR ii)I am afraid our friendship will come to an end.
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Note: "I-statements may not be effective when your anger level is above 6 on the anger meter. In such cases, use temporary calming strategies to regulate your emotions first."

