

## “I” Statements

**I Feel/Felt:** \_\_\_\_\_  
The feeling of your perception/interpretation of events.

**When You:** \_\_\_\_\_  
The action that prompted your response. Facts.

**Because:** \_\_\_\_\_  
Helps define your feeling.

**What I Want/Need From You Is:** \_\_\_\_\_  
Ask and let go.

## My Quality of Life Goals

Begin to set short-, medium- and long-term goals that will improve your quality of life. Be sure to refer back to your personal definition of quality of life. Include the highest rated elements to have the greatest impact. A short-term physical goal might be to “call my doctor about getting new nausea medication.” A medium-term goal for nausea might be to “develop an anti-nausea shopping list and menu for my daughter who does all the cooking.” A long-term goal might be to “finish a program to desensitize myself to the smell of meat.”

	Short Term	Medium Term	Long Term
Physical/Practical			
Mental Health			
Social			
Spiritual			

## Turn “You” Statements into “I” Statements

This worksheet gives you the opportunity to transform aggressive communication (“You” statements) into assertive communication (“I” statements).

Assertive communication is descriptive and factual, while aggressive communication is interpretive, judgmental and unfair to others.

**Examples of “You” statements:**

“Why are you acting so mean to me?”

“Why are you being so nosy? Its none of your business?”

**Examples of “I” statements:**

I feel uncomfortable when you raise your voice at me.

I do not feel comfortable sharing something so personal.

**YOU Message:** “You make me so mad!”

**I Message:** \_\_\_\_\_

**YOU Message:** “You have no right to say that to me!”

**I Message:** \_\_\_\_\_

**YOU Message:** “You never listen to me!”

**I Message:** \_\_\_\_\_

**YOU Message:** “You shouldn’t feel that way!”

**I Message:** \_\_\_\_\_

**YOU Message:** “You’re too sensitive!”

**I Message:** \_\_\_\_\_

**YOU Message:** “You should know better!”

**I Message:** \_\_\_\_\_

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## Behavioral Goals for the Week

**Goal #1**

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**Goal #2**

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**Goal #3**

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**Goal #4**

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**Goal #5**

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