

# I Statements Worksheet

## I Statements Worksheet

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## Part 1: Building a Foundation

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### What is the primary purpose of using I Statements?

*Hint: Think about the intent behind I Statements.*

- A) To blame others for their actions
- B) To express personal feelings without blaming
- C) To avoid conflict altogether
- D) To make others feel guilty

### Which of the following are components of an I Statement?

*Hint: Consider the elements that make up an I Statement.*

- A) Feel
- B) Accuse
- C) Behavior
- D) Effect

### Describe in your own words what an I Statement is and why it is used in communication.

*Hint: Think about the definition and purpose of I Statements.*

### List the four main components of an I Statement.

*Hint: Recall the key elements that make up an I Statement.*

1. First component

2. Second component

3. Third component

4. Fourth component

## Part 2: Understanding and Interpretation

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**Why might using an I Statement reduce defensiveness in a conversation?**

*Hint: Consider the focus of the statement.*

- A) It avoids addressing the issue
- B) It focuses on personal feelings rather than blaming
- C) It makes the other person feel guilty
- D) It ignores the other person's perspective

**Which benefits are associated with using I Statements?**

*Hint: Think about the positive outcomes of using I Statements.*

- A) Encourages personal responsibility
- B) Promotes clearer communication
- C) Increases conflict
- D) Enhances empathy

**Explain how I Statements can be used to improve a relationship between colleagues.**

*Hint: Consider the impact of communication on workplace relationships.*

### Part 3: Application and Analysis

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**Which of the following is an example of an effective I Statement?**

*Hint: Identify the statement that expresses feelings without blaming.*

- A) "You always interrupt me, and it's annoying."
- B) "I feel ignored when I'm interrupted during meetings. Can we agree to let each person finish speaking before responding?"
- C) "I think you are wrong."
- D) "You never listen to me."

**Identify the errors in the following I Statement: "I feel that you are wrong because you never listen to me."**

*Hint: Look for elements that do not align with the structure of an I Statement.*

- A) Uses "You" statement
- B) Lacks specific behavior description
- C) Does not express a feeling
- D) Includes a request

**Create an I Statement for the following scenario: You feel frustrated because your roommate leaves dirty dishes in the sink.**

*Hint: Think about how to express your feelings and needs clearly.*

**What is a common mistake people make when using I Statements?**

*Hint: Consider the structure and intent of I Statements.*

- A) Being too specific
- B) Using "You" statements disguised as I Statements
- C) Including a request
- D) Expresses emotions clearly

**Analyze the following statement and identify what makes it ineffective: "I feel like you are always late, and it's really inconsiderate."**

*Hint: Look for elements that do not align with the structure of an I Statement.*

- A) Uses "You" statement
- B) Lacks specific behavior description
- C) Does not express a personal effect
- D) Includes a judgment

**Break down the following I Statement into its components: "I feel anxious when deadlines are missed because it affects my workload. I need us to plan better to meet deadlines."**

*Hint: Identify the feelings, behavior, effect, and request in the statement.*

## Part 4: Evaluation and Creation

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**Evaluate the effectiveness of this I Statement: "I feel happy when we collaborate effectively because it boosts team morale. Can we continue to work this way?"**

*Hint: Consider the clarity and intent of the statement.*

- A) Very effective
- B) Somewhat effective
- C) Not effective

D) Ineffective

**Which of the following would improve the effectiveness of an I Statement?**

*Hint: Think about the clarity and structure of the statement.*

- A) Being vague about the behavior
- B) Including a clear request
- C) Using "You" statements
- D) Describing the effect on you

**Create an I Statement for a situation where you feel overwhelmed by the number of tasks assigned to you at work.**

*Hint: Think about how to express your feelings and needs clearly.*

**Propose two scenarios where using I Statements could improve communication and describe the potential outcomes.**

*Hint: Think about situations where feelings and needs are important.*

1. Scenario 1

2. Potential Outcome 1

3. Scenario 2

4. Potential Outcome 2