"I FEEL" STATEMENTS

This is a very simple and very effective technique. Practice and use the technique and bring the experience of how it went back into the therapy room so that it can be fine-tuned.

I feel _____ (a feeling)

When you _____

And I would like _____

Samples:

I feel ***angry***

When you ***come home an hour late and dinner is cold***

And I would like ***for you to call me if you are going to be more than 15 minutes late so I can plan accordingly.***

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I feel ***disrespected and unimportant to you***

When you ***come home late so often and travel so much***

And I would like ***for us to plan some quality time together for just us.***

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I feel ***scared***

When you ***don't talk to me***

And I would like ***for us to create some time to be sure we get to talk at least once a week about what is important to us.***