

“I Feel” Statements

I feel (actual feeling)

when (actual event)...

what I would prefer is (say what you would prefer)

Example

“I feel hurt

when our anniversary is not celebrated.

What I would prefer is that our anniversary is remembered and celebrated”

Feelings

Afraid
Sad
Disappointed
Anxious
Suspicious
Surprised
Jealous
Miserable
Confused
Stupid
Angry
Ashamed

Withdrawn
Indifferent
Sorry
Depressed
Enraged
Frightened
Shy
Hopeful
Regretful
Scared
Stubborn
Guilty

Nervous
Embarrassed
Proud
Lonely
Frustrated
Hurt
Tired
Puzzled
Skeptical
Worried