

Using the I-Message to Manage Emotions

Communication is an essential tool to learn and can help us share feelings and behave more appropriately. When we get angry or upset, it can be difficult to explain clearly how we feel (Peters, 2018).

This worksheet can be helpful to understand and share your feelings and can lead to better communication.

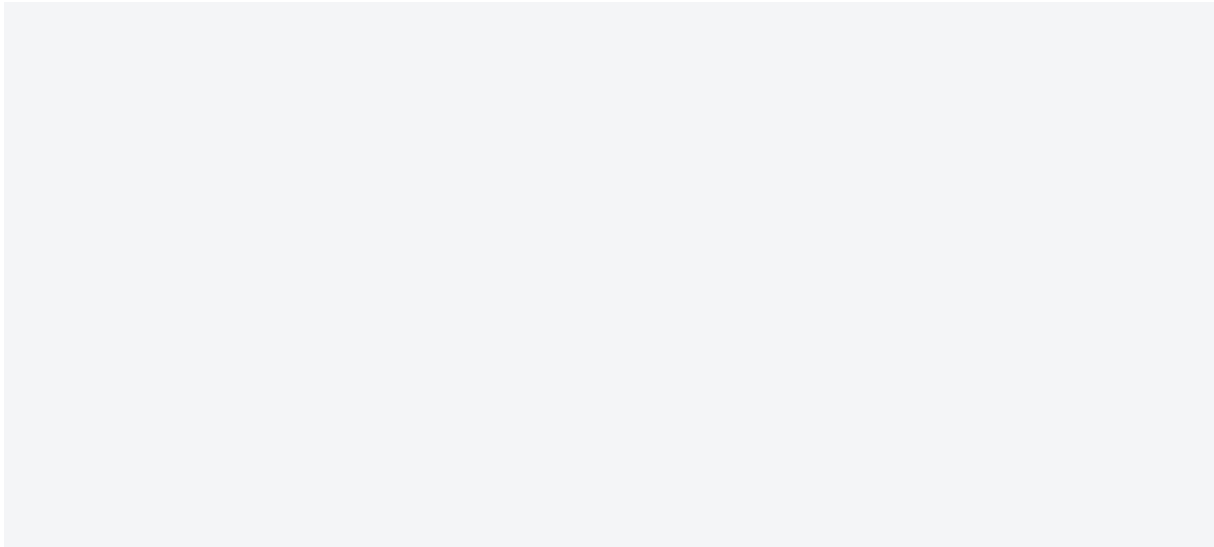
Complete the following worksheet (ask for help if you need to) to create a statement for identifying and sharing how you feel:

I feel (name the emotions, for example, *sad, upset, angry, jealous, etc.*)

When you (describe the behavior or circumstances, for example, *shout at me, tell me what to do, etc.*)

Because (why, for example, *I feel scared, don't know how to react, etc.*)

Re-write the complete sentence below and share with others how you feel in a clear and controlled way.



References

- Peters, S. (2018). *My hidden chimp: Helping children to understand and manage their emotions, thinking and behaviour with ten helpful habits*. London: Studio Press.

Dr. Jeremy Sutton