



The “I feel” formula for better communication.

Applying the 5 Steps to More Effective “I” Statements

Let’s use our budget example.

1. **I feel** frustrated and angry
2. **When you** don’t come to talk about our budget at the scheduled time
3. **I imagine** you are really busy with work, and it’s hard to juggle so many different things
4. **I need** a partner to help me out with the not-so-fun things in our relationship, like money, in a reliable and consistent way.
5. **Would you** please join me right now to specifically find a workable solution for us both so we can work together to create a solid budget for our shared home expenses?

The finished product: *“I feel alone, sad, and frustrated, when you don’t meet with me at our scheduled time to talk about our budget. I imagine you are really busy with work, and it may even be difficult for you to juggle so many things. I need a partner to work with me around not-so-fun things in for our relationship in a reliable and consistent way. Would you please join me right now to specifically find a workable solution for us both so we can work together to create a solid budget for our shared home expenses.”*

Bonus step! *Ask for something in the present moment.*

Such as: *“Would you give me a hug and reassure me how you will remember our agreed upon meetings?”*