Healthy Communication Worksheet

Anger 101 | Understand. Regulate. Respond. | Free printable worksheet

Practice turning blame into clear, respectful requests.

I-statement formula: "I feel ___ when ___ because ___. I would like ___."

Situation I want to talk about:

What I usually say (blaming "you" statement):

My I-statement:

What I want the other person to understand:

How I will listen to their side:

A respectful request or compromise: