

HomeFront. PROJECT

KIDS

Teach, Empower and Enjoy Your Children.

Preparing for Marriage "I" Statements Game

Develop your communication skills

When you are upset there is a better way to discuss how you feel and work out the problem. It's called "I" statements. "I" statements help us communicate how something made us feel and why. It's easy to make "I" statements! This is the pattern for "I" statements:

"I feel _____ when _____ because _____."

Try making an "I" statement.

Now, let's see if you can identify which cards have "I" statements, and which do not.

"I" Statement Cards

<https://tinyurl.com/yc62mk2d>

