Breaking Down "I" statements

This may seem artificial at first. As you get the hang of it, you will likely make up your own variations to communicating this way.

Examples: I felt abandoned and hurt when you left yesterday because you didn't say goodbye to me. I wish we'd always say goodbye and hug when you leave.

I felt disrespected and betrayed when you didn't clean the bathroom because we agreed you'd do that. I wish I didn't have to remind you about it.

And don't forget POSITIVE feeling statements!:
I feel loved and respected when you gave me some space after work because I really needed it after my boss was on me all day! Makes me feel ready for a great evening with you!

Break-down:

I felt (or feel)
         A)_____
                           (actual feelings, such as sad, hurt, afraid, abandoned, etc.)*
when
         B)_____
                           (*simple* description of what the other person did)**
because
         C)_____
                           (explains why this is upsetting me)***
I wish
         D)_____
                           (what I want to happen in the future…)****

*Anger is usually a "cover" emotion for something more primary such as hurt or fear. Yes, you may have been angry, but saying so tends to make the other defensive or combative. Try to go deeper with how you were feeling before you got angry. Its WAY more effective.

This is NOT an opportunity to load-on with "You" statements and venum! Keep this simple and objective. Example of a bad entry here: when you stormed off like an ah***, like you were just walking out on me and your children!!!!!!!!!!

***This may seem easy, but it is often the critical part. It requires some introspection on your part, and hopefully a good insight that brings meaning to the whole situation.

****Very helpful to let the other person know what you'd like to happen in the future. Don't leave them guessing! Also, why not add in a positive feeling here, such as: "I'd LOVE to kiss my man/my beautiful wife goodbye every day!"