

COMMUNICATION
“I Language”

I Feel _____ (**Your Feelings**) _____

I Feel _____

When _____ (**Observable Event**) _____

When _____

Because I take it to mean: _____
_____ (**Your Fantasy Interpretation**) _____

Because I take it to mean: _____

I would like: _____ (**Your Boundary or Desire**) _____

I would like: _____

I Feel _____

I Feel _____

When _____

When _____

Because I take it to mean: _____

Because I take it to mean: _____

I would like: _____

I would like: _____

I Feel _____

I Feel _____

When _____

When _____

Because I take it to mean: _____

Because I take it to mean: _____

I would like: _____

I would like: _____