

Dr. Garin D. Vick

Helping Families Before, During, & After Divorce

FAMILY FOCUSED



“I” Statement Practice Templates

I Feel:

When You:

Because I Think:

What I Would Like You To Do Next Time is:

I Feel:

When You:

Because I Think:

What I Would Like You To Do Next Time is:

I Feel:

When You:

Because I Think:

What I Would Like You To Do Next Time is:

I Feel:

When You:

Because I Think:

What I Would Like You To Do Next Time is: