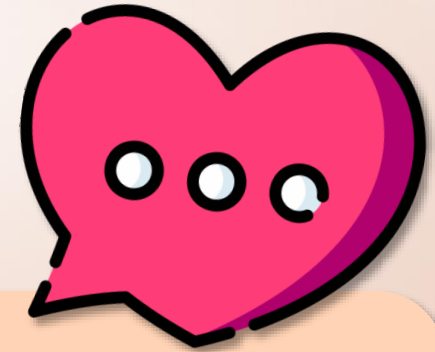


# I-STATEMENTS



I feel...

“...scared.”

When...

“...you ignore me  
after an argument.”

Because...

“...it makes me think  
you want to leave me.”

I need...

“...you to clarify if you  
need space to cool off.”

Adapted from Gordon & Edwards (1997)