

## "I" Statement Prep Worksheet

This worksheet can help me understand my own thoughts, feelings, patterns, needs and desires.

Knowing myself can help me get ready to deal with any person, situation, belief, institution, etc.

By identifying what is going on inside myself, I gain wisdom about what to do next; change something, accept what is, or both.

1) When \_\_\_\_\_

person, situation, belief, institution, etc.

2) Does or says \_\_\_\_\_

neutral observation

3) I feel \_\_\_\_\_

my feeling(s)

4) I think \_\_\_\_\_

my thought(s)

5) Because \_\_\_\_\_

my need(s) or desire(s)

6) And because \_\_\_\_\_

my personal pattern(s) or characteristic(s)

7) I would prefer that \_\_\_\_\_

preferred alternative

8) However, I accept that I am powerless over \_\_\_\_\_

person, situation, belief, institution, etc.

9) To protect myself, I can \_\_\_\_\_

my boundary and/or response

10) To care for myself, I will \_\_\_\_\_

my intended follow through

11) Higher Power, \_\_\_\_\_

prayer and meditation

12) I'll seek support by reaching out to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

sponsor, meeting, CoDA fellow, etc.