

I Statements Observation Form 25
[Relationship Skills & Healthy Relationships](#)

	Name	Name	Name	Name
Uses The Pronoun I				
States Specifically What They Are Feeling or Felt				
States Why They Feel or Felt That Way				
States How They Would Like Them To Be In The Future:				
Asks If They Are Willing To Do That				
<u>Assertive Nonverbal Behaviors</u>				
Direct Eye Contact				
Appropriate Volume (neither too loud or too soft)				
Firm Voice				
Open, Relaxed, Cooperative Tone				
<u>You Statement</u>				
Preaching: You should				
Judging or Put Down				
Criticizes				
Gives Solutions				
Threats				
Ask Why in a Hostile or Judgmental Tone				
You Statements Disguised as I Statements				
<u>Aggressive Nonverbal Behaviors</u>				
Sarcasm				
Scowling				
Raised voice				
Angry tone				
Crossed arms				
Condescending				
<u>Passive Nonverbal Behaviors</u>				
Quiet, hesitant, or meek voice				
Averts gaze or looks down				
Self-dismissal				
<u>Other</u>				
Blaming				
Assigning Bad Intentions				