I-Feel Statements (grades 4 - 5)

"I-feel" statements are one way to understand what is happening to me and to help me understand what my options are. Think of how you might feel in the following situations:

1. Many of your friends are going to play video games at one of their homes. No one has suggested that you go with them.

I feel _____

What do you think will happen:

if you invite yourself along? _____

if you don't invite yourself along? _____

How will you feel:

if you invite yourself along? _____

if you don't invite yourself along? _____

2. You see someone cheating on a test.

I feel _____

What do you think will happen:

if you report the cheating to your teacher? _____

_____

if you don't report the cheating to your teacher? _____

_____

How will you feel:

if you report the cheating? _____

if you don't report the cheating? _____

3. Although your best friend has not said anything to you, based on his/her behavior, you believe he/she may be taking his/her mother's prescription medicine as a way of dealing with a problem.

I feel _____

What do you think will happen:

if you tell a trusted adult about your suspicions? _____

_____

if you don't tell a trusted adult about your suspicions? _____

_____

How will you feel:

if you tell a trusted adult? _____

if you don't tell a trusted adult? _____

4. You and your friends ride your bikes through a neighbor's yard and damage some of their shrubs.

I feel _____

What do you think will happen:

if you tell your parents about the incident? _____

_____

if you don't tell your parents about the incident? _____

_____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____

5. You notice bruises on your friend's arms. When you ask her what happened, she gives a vague and unconvincing reply and changes the topic. You think perhaps her father has grabbed her too roughly.

I feel _____

What do you think will happen:

if you tell a trusted adult your suspicions? _____

if you don't tell a trusted adult your suspicions? _____
_____

How will you feel:

if you tell a trusted adult? _____

if you don't tell a trusted adult? _____

6. After you have been shopping with one of your friends, she shows you a CD you know she did not pay for.

I feel _____

What do you think will happen:

if you tell your friend she needs to return the CD or pay for it? _____
_____

if you don't tell your friend she needs to return the CD or pay for it? _____
_____

How will you feel:

if you tell your friend she needs to return the CD or pay for it? _____
_____

if you don't tell your friend she needs to return the CD or pay for it?
_____

7. Your friends invite you to a party. When you arrive, their parents are not home. Their older brother offers beer to the party-goers.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____

8. You know you are getting a "D" in Geography. Your teacher suggests that by giving you one-on-one tutoring at her place might improve your grade.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your pastor? _____

9. Several weeks ago, your older sister "met" another teenager on-line and has been chatting with him daily ever since. She tells you they have arranged to meet in person.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____