



## I-Feel Statements (grades 6 – 12)

*“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 out for pizza before going to the basketball game this Friday. 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? \_\_\_\_\_

Why do you think Jesus teaches us to include others? \_\_\_\_\_

**2. You see your school's star quarterback cheating on an exam.**

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? \_\_\_\_\_

If you don't feel cheating on a test is wrong, what are the consequences of cheating?

\_\_\_\_\_

What about cheating on the job? On a team? On taxes? On your marriage?

\_\_\_\_\_

**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 pain killer 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? \_\_\_\_\_

if your friend is hospitalized due to overdose? \_\_\_\_\_

**4. Backing out of a parking space at school, you clip the car parked next to yours. Although there is no damage to your car, the other car has a dent.**

I feel \_\_\_\_\_

What do you think will happen:  
if you tell your parents about the accident? \_\_\_\_\_

if you don't tell your parents about the accident? \_\_\_\_\_

How will you feel:  
if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

Why is it wrong not to report your involvement in an accident? If someone else sees the accident and reports it, what might happen? \_\_\_\_\_

**5. One of your friends has noticeable bruises on her arms. When you ask her what happened, she gives a vague and unconvincing reply and tries to turn the conversation. You suspect that she may have been physically abused by her boyfriend.**

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? \_\_\_\_\_

Are you your brother's/sister's keeper? What are our Christian duties? \_\_\_\_\_

**6. After you have been shopping with one of your friends, she shows you a pair of jeans 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 jeans or pay for them? \_\_\_\_\_

if you don't tell your friend she needs to return the jeans or pay for them? \_\_\_\_\_

How will you feel:  
if you tell your friend she needs to return the jeans or pay for them? \_\_\_\_\_

if you don't tell your friend she needs to return the jeans or pay for them? \_\_\_\_\_

Because store owners may perceive some teens to be shoplifters, do you feel teens are treated differently than adult customers? \_\_\_\_\_

**7. Your friends invite you to a party where alcohol is being served. One of the adults who is a catechist at your church is also at the party.**

I feel \_\_\_\_\_

What do you think will happen:  
if you tell your pastor? \_\_\_\_\_  
if you don't tell your pastor? \_\_\_\_\_

How will you feel:  
if you tell your pastor? \_\_\_\_\_

if you don't tell your pastor? \_\_\_\_\_

How might your response differ if you thought teen drinking was acceptable? \_\_\_\_\_

**8. You are getting an "D" in Social Studies. Your teacher repeatedly suggests that giving you one-on-one tutoring at her home 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 parents? \_\_\_\_\_

How do you think your parents will react if you make the mistake of accepting the invitation  
without telling them? \_\_\_\_\_

**9. Several weeks ago, your fourteen year old 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? \_\_\_\_\_

What are some of the possible outcomes of this type of meeting? \_\_\_\_\_

**10. One of the most popular girls in your class has made some very cruel remarks on her blogspot about your best friend. Your friend is very hurt and depressed by the remarks.**

I feel \_\_\_\_\_

What responsible adult might you tell? \_\_\_\_\_

What may happen if you don't tell someone? \_\_\_\_\_

How would you feel:  
if the remarks were false and purely gossip? \_\_\_\_\_

if the remarks were true? \_\_\_\_\_

How would your response differ if the remarks were about you? \_\_\_\_\_