

"I" STATEMENTS

"You" statements can imply that the person you are talking to is responsible for your feelings. "You" statements may feel more natural when you are hurt, but when you use these statements you avoid fully communicating your needs. "I" statements, on the other hand, can help you clearly express your needs and describe the problem.

"I" statement formulation

I feel _____ when _____

REMEMBER

- Start the sentence with "I feel..."
- "I feel" should be followed with emotion describing how you feel
- After stating how you feel, describe a person's action and how it is affecting you
- The tone of your voice matters as much as the words you say

Example

YOU STATEMENT You don't care about time. You never take time to call me or text!

I STATEMENT I feel lonely when you don't text or call me.

Practice

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