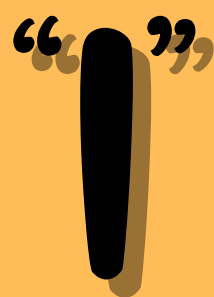


USING “I”



WHAT ARE THEY?

Statements

"I" statements help us convey the sentiments of you, the speaker, without making the other feel blamed. This also implies that you are responsible for how you feel, think, and what you need.

Instead of

"You don't care about me or my feelings."

"You didn't text me like you said you would!"

Say

"I feel frustrated when my feelings aren't heard or acknowledged."

"I feel worried when I don't hear from you."

Remember that in any conflict, you're hoping to achieve resolution together by opening up the possibility of further conversation.

LET'S PRACTICE! EITHER VERBALLY OR TYPING IT OUT, TALK ABOUT SOMETHING YOU LOVE, STARTING EACH SENTENCE WITH AN "I" STATEMENT

