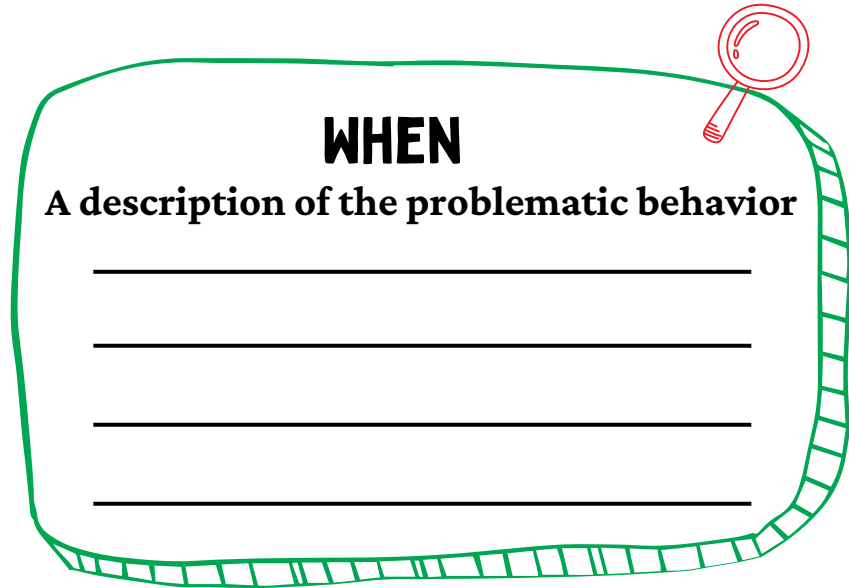


"I" STATEMENTS

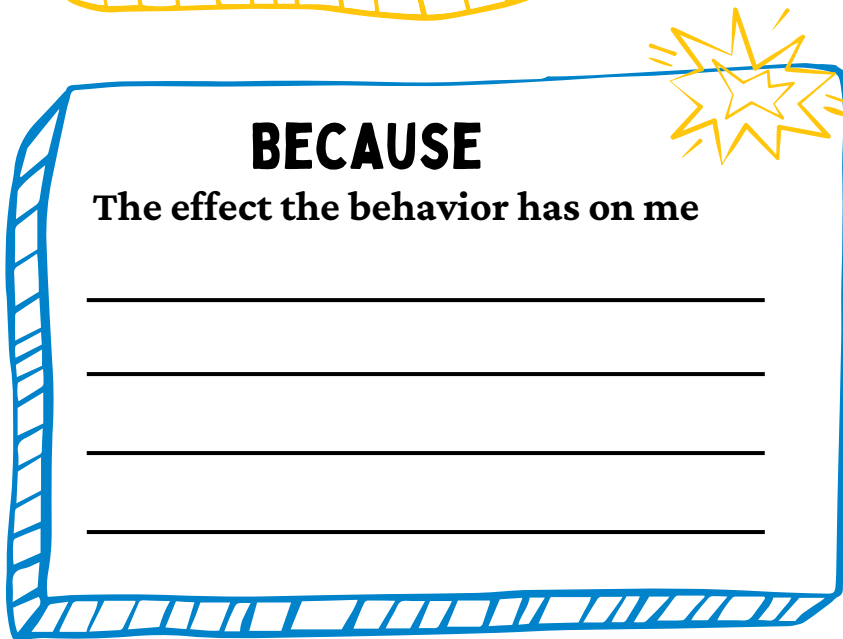
When we use "I" statements we feel stronger in what we want to say and others understand us better. It helps us explain what we want clearer and resolve hard conversations easier.



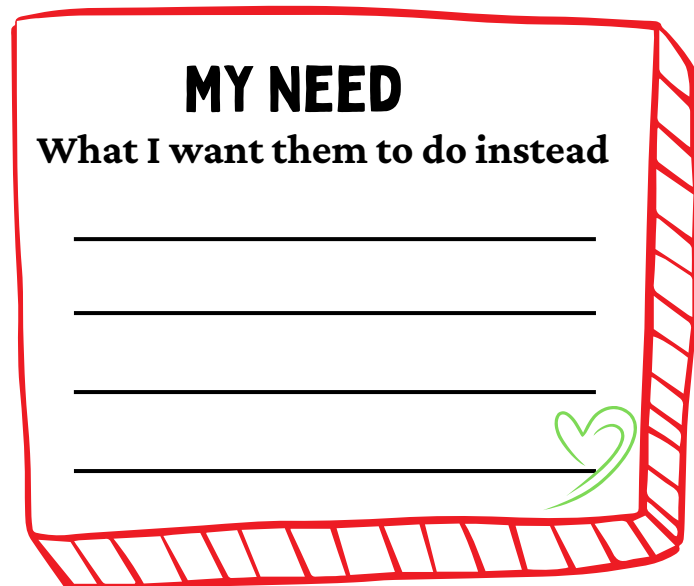
I FEEL
My feelings about it...



WHEN
A description of the problematic behavior



BECAUSE
The effect the behavior has on me



MY NEED
What I want them to do instead

EXAMPLE: I FEEL **ANNOYED** WHEN YOU **KEEP ON CHECKING IF I'VE DONE MY HOMEWORK** BECAUSE IT TELLS ME **YOU DON'T TRUST ME**. I NEED **TO BE ABLE TO PROVE TO YOU THAT I CAN DO IT ON MY OWN.**

UNDERSTANDING "I" STATEMENTS

Saying what bothers you is hard, but so is hearing about it. It's always hard to listen to ways we need to improve because it makes us feel bad. However, if we focus on explaining that we understand these important points **we can fix problems better and faster with people we care about.**



YOU SOUND

The feelings being described



WHEN I

Your behavior that's a problem



BECAUSE IT

The effect the behavior has on them

NEXT TIME I WILL

A solution you think you can cooperate with

EXAMPLE:

YOU FEEL FRUSTRATED WHEN I'M ON TOP OF YOU ABOUT YOUR WORK BECAUSE IT MAKES YOU NERVOUS AND OVERWHELMED. NEXT TIME I WILL WAIT UNTIL BEDTIME.