

Communicating Using “I” Statements

You may easily deal with telemarketers or spam calls on your phone. Or you might be someone who struggles trying to get off the phone politely. Either way, it’s usually easier to deal with these difficulties when it’s a complete stranger. When it’s your family or friend, it can be very difficult to express your thoughts and feelings in the best way.

Here is a helpful rule for talking when you are upset about something:

Stay focused on yourself and use “I” statements

Below you’ll find some “You” statements rewritten as “I” statements:

“You” Statements	“I” Statements
You make me so angry ...	It hurts me when you ...
You’re not helping enough ...	I would like your help doing ...
You don’t need to take over ...	I appreciate your help, but I can make my own choices
You don’t understand what it’s like to have to change your lifestyle ...	I feel disconnected from you ...
You’re not listening ...	I feel like you don’t understand ...

Can you think of any recent examples from your own life?

“You” statement:

Re-write to be an “I” statement: