

# You v's I Statements



An **“I” message or “I” statement** is a style of communication that focuses on the feelings or beliefs of the speaker rather than thoughts and characteristics that the speaker attributes to the listener.

Construct an **“I” statement** which takes the phrase from accusing to disclosing.

At a basic level consider using the following framework to create **“I” statements**.

**I feel...**

**When...**

**Because...**

**What I need...**

**You**

You are so inconsiderate, always running late at work, it makes my life impossible.

**V’s**

**I**

**I feel** sad and frustrated

**When** I am sat at home alone,

**Because** I am unable to plan things,

**What I need** is more communication, so I know when to start dinner or arrange to meet friends.

# Practice You v's I Statements



<p>You care more about work than your own family</p>	<p>Today I enjoyed.....</p>	<p>You leave me to do all the tough parenting, so the kids like you more than me</p>	<p>I get irritated by.....</p>
<p>You don't care about me and ignore me, you never call or text me when you're out</p>	<p>I struggle to.....</p>	<p>You're not interested in anything I do any more</p>	<p>I can help when.....</p>
<p>You contradict me all the time when I am speaking to the kids</p>	<p>I would like us to stop.....</p>	<p>You don't help out enough, you just expect me to clean up after you</p>	<p>I need help with.....</p>
<p>You're always on the phone texting, on Facebook. You care more about someone else's opinion than mine</p>	<p>Today I struggled with...</p>	<p>You're always late and you are so unreliable</p>	<p>It would be great if.....</p>