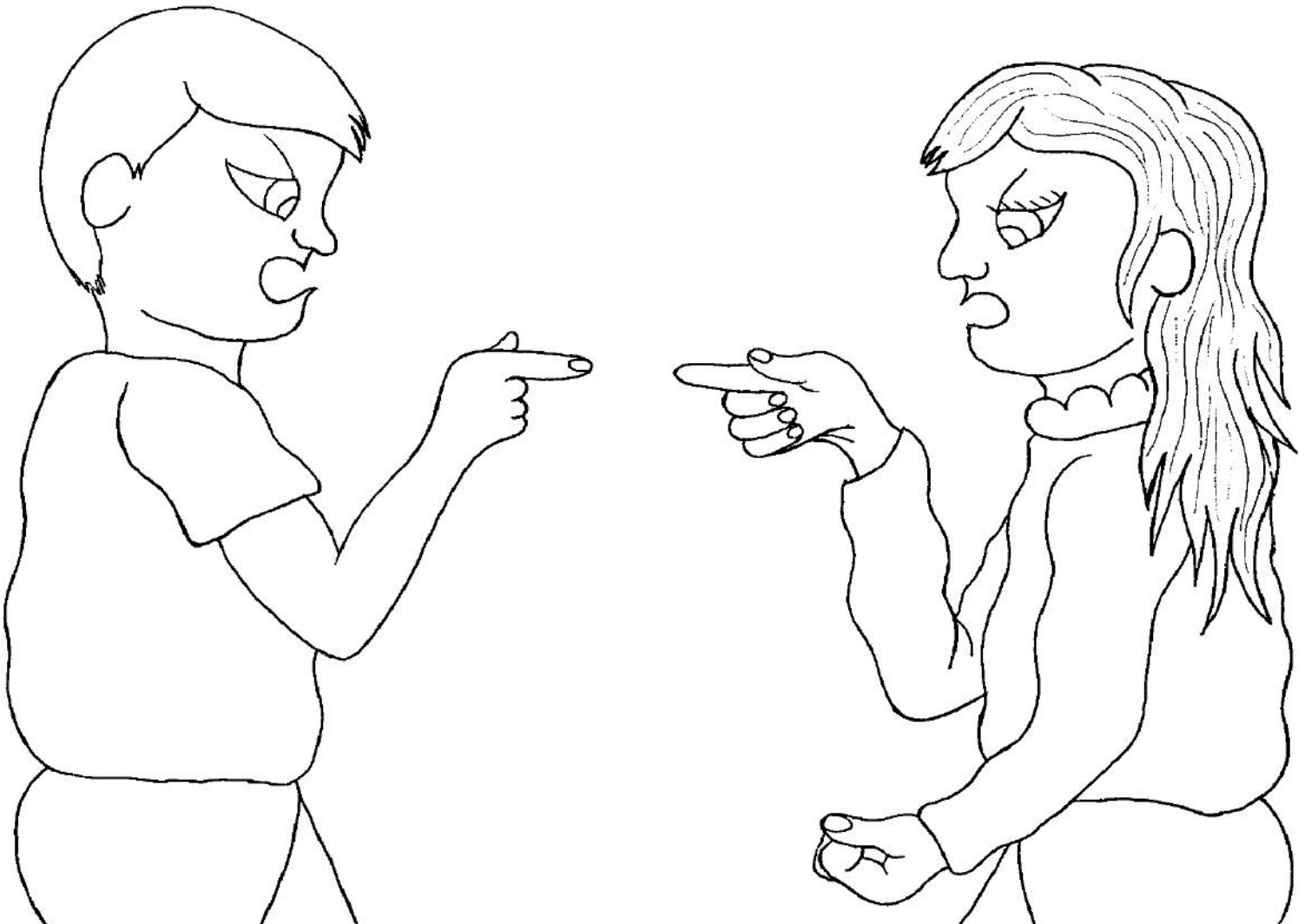


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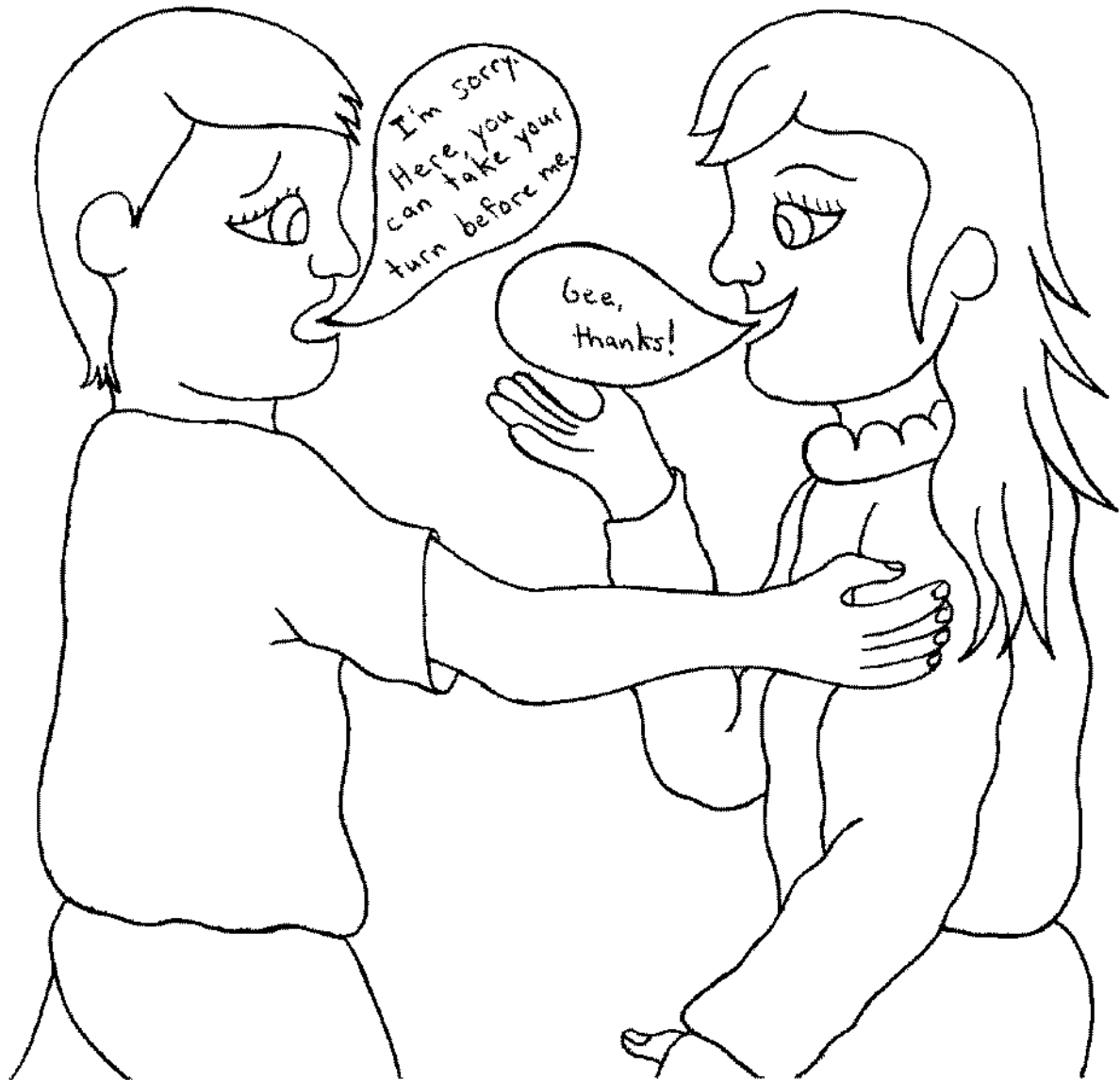
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## "I Versus You"

When others do things that you don't like, it's human nature to want to tell them about how bad they are behaving and demand they immediately change their ways. We use all sorts of "You" statements: "You did this, you're doing that, you're being a great big \_\_\_\_\_." The problem with this is that people rarely recognize their poor behavior at the time. *They* think they are acting correctly. So telling others about all they are doing wrong usually just makes them feel threatened. Instead of hearing our concerns, their brain goes into defense mode, making them want to argue rather than listen. So in the end it just leads to one big conflict.



A better way to express yourself is to use "I" statements. "I" statements tell someone how YOU feel without putting the blame on them. For example, instead of saying: "You're making me mad because you never let me have a turn!" you might say: "I'm getting really upset right now because it feels like I'm not getting my turn" This allows you to make your feeling known, but in a way that doesn't sound like you're attacking them.



Here are several more examples of "I" statements. Read through each one, then create your own in the spaces below.

A) Instead of saying "You make me feel bad" say "I feel bad because . . ."

B) Instead of saying "You're acting like such a jerk!" say "I feel like you're being rather inconsiderate to my feeling."

C) Instead of "Why do you have to be so stupid all the time!" say "It makes me upset when you do things like that."

Now rewrite the following statement to make them "I" statements.

1. You never listen to me and are always running your mouth.

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2, You're so mean . . . Why do you have to say things like that?

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3. You drive me crazy!

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4. You never let me do anything I want to do!

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