

“I” Statements

Taking responsibility for your feelings will help you improve your communication when you feel upset or angry. One way to achieve this is by using “*I*” statements. This technique will allow you to communicate what is upsetting while minimizing blaming. If our statements feel too blaming, the person we are trying to speak to will often become defensive.

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| “I” Statement format: “I feel _____ when you _____ because _____.” |
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Examples

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| Regular | “You make me angry because you are always late” |
| “I” Statement | “I feel frustrated when you come home late because I stay awake worrying.” |

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| Regular | “You never call. You don’t even care.” |
| “I” Statement | “I feel hurt when you forget to call because it seems like you don’t care.” |

Practice

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| Scenario | Your friend keeps cancelling plans at the last minute. Last weekend you were waiting for them at a restaurant when they called to tell you they would not be able to make it. You left feeling hurt. |
| “I” Statement | |

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| Scenario | You are working on a project with a group and one member is not completing their tasks on time. You have repeatedly had to finish their work which has been very frustrating. |
| “I” Statement | |

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| Scenario | A friend who borrows movies from you usually brings them back damaged. They want to borrow one again but you’re feeling worried. |
| “I” Statement | |