

"I" Statements vs. "You" Statements

Read the following statements and consider your reactions if they were said to you by a friend or family member. Consider how the statements would make your friends and family members feel. Write down your thoughts in the chart. In the last column, change what was said to minimize blame and communicate what you mean clearly with "I" statements.

"You" Statement	How Do They Make You Feel? How Would They Make Others Feel?	"I" Statement
You never listen to me.		
You make me so angry.		
Why do you always yell at me?		
You're mean.		
You never pick me first.		
You don't love me.		
You hate me.		
You always say mean things to me.		
You don't do anything right.		
Why do you make things so hard for me?		
Why do you even bother?		