

"I" Statements	
<p>When a person feels that they are being blamed—whether rightly or wrongly—it's common that they respond with defensiveness. "I" statements are a simple way of speaking that will help you avoid this trap by reducing feelings of blame. A good "I" statement takes responsibility for one's own feelings, while tactfully describing a problem.</p>	
<p><b>"I feel emotion word when explanation."</b></p>	
<p>✓ "I feel..." must be followed with an emotion word, such as "angry", "hurt", or "worried".</p> <p>✓ Careful wording won't help if your voice still sounds blaming. Use a soft and even tone.</p> <p>✓ In your explanation, gently describe how the other person's actions affect you.</p>	
Examples	
<b>Blaming:</b>	"You can't keep coming home so late! It's so inconsiderate."
<b>"I" Statement:</b>	"I feel worried when you come home late. I can't even sleep."
<b>Blaming:</b>	"You never call me. I guess we just won't talk anymore."
<b>"I" Statement:</b>	"I feel hurt when you go so long without calling. I'm afraid you don't care."
<p><b>SCENARIO:</b> My teacher never explains how he wants anything done. Then he's on my back because it's not done the way he wants.</p>	
<p><b>"I" Statement:</b></p>	
<p><b>SCENARIO:</b> Five playground duties a week is a little much! When I try to talk about it with the teacher, she shrugs it off and says, "That's your job."</p>	
<p><b>"I" Statement:</b></p>	
<p><b>SCENARIO:</b> My teacher gives me only the boring work to do. I never get to work with the kids. I just run off papers and run errands. I have some skills that I sure would like to use if I just had the chance.</p>	
<p><b>"I" Statement:</b></p>	
<p><b>SCENARIO:</b> I feel the Principal looks down on me because I don't have a college degree?</p>	
<p><b>"I" Statement:</b></p>	
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