



"I" Statements

How we speak to people is important as it can lead to as well as avoid conflict with others. **For example:**

When we accuse, blame or judge we tend to use **"you"** statements.

**You are
always
shouting at
me**

**You are so
selfish**

Using **"I"** statements is a good way to tell the other person how their behaviour affects you.

**I feel you
don't care
when you
shout at me**

**I feel
annoyed
when you
don't think
of others**

This helps the other person understand your feelings and in turn can help them take responsibility of their feelings.