

Turn "You" Messages into "I" Messages

This worksheet gives you the opportunity to transform aggressive communication ("You" statements) into assertive communication ("I" statements).

Assertive communication is descriptive and factual, while aggressive communication is interpretive, judgmental and unfair to others.

Examples of " You" statements:

"Why are you acting so mean to me?"

"Why are you being so nosy? It's none of your business!"

Examples of "I" statements :

I feel uncomfortable when you raise your voice at me.

I do not feel comfortable sharing something so personal.

YOU Message: *"You make me so mad!"*

I Message: _____

YOU Message: *"You have no right to say that to me!"*

I Message: _____

YOU Message: *"You never listen to me!"*

I Message: _____

YOU Message: *"You shouldn't feel that way!"*

I Message: _____

YOU Message: *"You're too sensitive!"*

I Message: _____

YOU Message: *"You should know better!"*

I Message: _____



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