

Handout 6.4: Turn You Statements Into I Statements

The basis of this activity is shown in Handout 6.4. This worksheet will give you practice turning "You" messages into "I" messages.

"You" statements are a characteristic of aggressive communication, while "I" statements are a characteristic of assertive communication. "You" statements are judgmental towards others, while "I" statements are less judgmental and more descriptive, allowing you to stick to the facts and not interpretations.

Examples of "You" Statements:

- "You are being so rude."
- "You should know better."
- "You make me so upset!"
- "It's none of your business!"

Examples of "I" Statements:

- "I feel uncomfortable when you raise your voice at me."
- "I thought you had known that."
- "I was upset when you said that."
- "I don't feel comfortable discussing personal issues."

For the following examples, turn "You" statements into "I" statements.

"You" Statements	"I" Statements
"You make me so mad!"	_____
"You never listen to me!"	_____
"You're too sensitive!"	_____

Now it's your turn to think of your own examples from your own life, changing "you" statements to "I" statements.

"You" Statements	"I" Statements
_____	_____
_____	_____
_____	_____
_____	_____