

# Practicing "I" Messages

This is the formula for "I" messages:

**I feel \_\_\_\_\_ when \_\_\_\_\_.**

The Stinky Cheese likes "You" statements much better:

**You made me feel \_\_\_\_\_ and you should have \_\_\_\_\_.**

Hopefully you prefer "I" statements over "You" statements!

## **"You" Statements**

You're not listening to me!  
That's impossible!  
It's just not practical.  
You're never available!  
You always do this!  
That's not true!  
You make me so mad!  
You are a disappointment!  
What's wrong with you?

**vs.**

## **"I" Statements**

That is not what I meant.  
I'd be surprised if that happens.  
I don't feel like it's practical.  
I feel alone.  
I do not like when you do this.  
I don't agree with you.  
I am angry when you do that.  
I don't appreciate your behavior.  
I am concerned about you.

Now it's your turn!

Turn these "You" messages into "I" messages.

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're much too sensitive.*

I MESSAGE: \_\_\_\_\_

**CAUTION:** Just because you start with I does not mean you are home free! Watch out for "you" statements disguised as "I" statements—such as "I think you stink!"