

# Pocket of Intentions

## Interpersonal Effectiveness Skill - I-Statements

Effective communication can be challenging when we are needing to share something that raises emotions. When we focus on the other person's actions or responsibility, we can trigger defensiveness in them and this can halt a productive conversation and turn it into an argument.

To avoid this, use an "I" statement to keep the conversation focused on your feelings, not on blaming them. They will likely be more receptive and you'll be able to share your need and hopefully, get your needs met.

**To use an I-statement, follow the format below to structure your conversation.**

Parts of an I-statement

"I feel [insert emotion word] when [insert issue]."

Examples: You-statement vs I-statement

You-Statement	You never listen to me when I talk.
I-Statement	I feel <u>unimportant</u> when <u>I try to share something and it doesn't seem like you are paying attention.</u>
You-Statement	You are always late. You are so irresponsible!
I-Statement	I feel <u>worried</u> when <u>you aren't home on time because I think maybe something bad has happened to you.</u>

Practice: Turn these You-statements into I-statements

You-Statement	You are never home for dinner. You care more about your work than you do your own family.
I-Statement	
You-Statement	You never text or call me. I always have to be the one to reach out. Are we even real friends?
I-Statement	
You-Statement	You never help me! You always disappear when it's time to do work.
I-Statement	