

# "I" Statement Worksheet

Try replacing the following statements with "I" Statements:

**Example:**

1) You're so lazy! You never put the dishes away and you know that it frustrates me.  
**I feel frustrated when I see the dishes are not put away.**

2) You are so inconsiderate of my feelings.

3) You are sending some very inappropriate messages on Facebook. You better stop it now!

4) You are the most irresponsible person I have ever known!

5) You never let me talk or consider things from my point of view. You are just plain selfish!

Write down some typical situations in your own life where you may have used blame, criticizing or judging with each other:

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Try replacing them with "I" Statements, remembering that the goal is just to express your experience at this point. Resolving the problem will come later through collaboration.

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