

You vs I statements

An "I" message or "I" statement is a style of communication that focuses on the feelings or beliefs of the speaker rather than thoughts and characteristics that the speaker attributes to the listener.

Construct an "I" statement which takes the phrase from accusing to disclosing.

At a basic level consider using the following framework to create I statements.

You care more about work
than your own family

I feel anxious when.....

You leave me to do all
the tough parenting, so the kids
like you more than me

I need help with.....

You're always on the phone
texting, on Facebook.
You care more about someone
else's opinion than mine

I feel anxious when.....