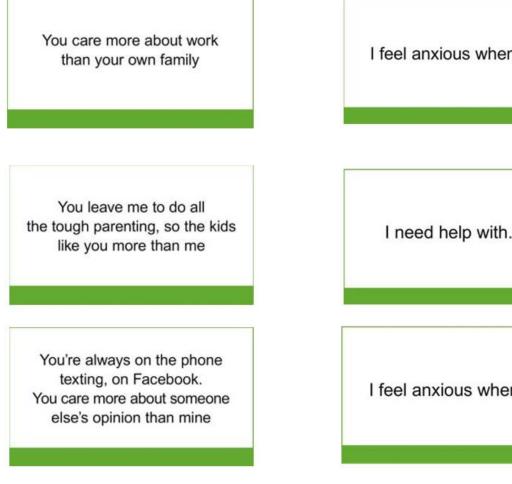
You vs I statements

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.



I feel anxious when.....

I need help with.....

I feel anxious when.....