

# Using “i” statements

- Activity Sheet -



Communication is important because it allows you to tell your parents, brothers and sisters, and friends how you feel, what you want, and when something is going well or wrong.

When you have something to say, say it by talking about yourself. Avoid blaming others or saying things like: “You do this” or “You do that!” Instead, use “I” statements like in the following examples.

« **You** make me feel sad when you say those kinds of things. »

« **You** annoy me when you take my bike without asking. »

« **I** feel angry with you when you take my bike without asking. »

« **I** feel sad when you say those kinds of things. »



« **You** make me happy when I see you smile. »

« **I** feel happy when I see you smile. »