



# I-statement examples for relationships (that sound like you)

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

## I-statements

1. Name one event, then how it landed on you: "That stung," "I felt stupid."
2. Skip "I feel like you..." It is a verdict wearing an "I."
3. Add their side if you mean it: "I know you were rushing. I still felt steamrolled."
4. End with one request or one question: "What happened?"
5. Good news? Use "you": "You made Sunday so easy."

## More lines from the page

- I feel \_\_\_\_ when \_\_\_\_ because \_\_\_\_\_. What I'd like is \_\_\_\_\_.
- I was talking about my mom's scan and you were on your phone. That stung. Can you put it down when I bring up her stuff?
- I know you were trying to get us out the door on time. I still felt steamrolled when you answered for me.
- I get that the bike was a good deal and you'd wanted one for years. The size of it scared me because we hadn't talked.
- I know you didn't mean the story to be about me. Hearing it at dinner still made me want to crawl under the table.
- I'm angry about the credit card. I need a few minutes, and then I want to talk about it.
- You made Sunday so easy. Thank you for handling my parents.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.