Saying it with "I"

A structure for raising something without starting a row.

Name _____ Date _____

Sentences that start with "You" tend to sound like accusations, and the other person gets ready to defend. Sentences that start with "I" describe your own experience, which is much harder to argue with.

When...
Describe what happened, plainly. No "always" or "never".

→

I feel...
Name the feeling. One word if you can.

→

Because...
The effect on you, or what you need.

→

I would like...
A clear, specific request.

Instead of	Try
"You never listen to me."	"When I am talking and you are on your phone, I feel unimportant. I would like us to put phones down at dinner."
"You are so selfish."	"When plans are made without me, I feel left out. I would like to be asked first."
"You always leave everything to me."	"When I do the tidying alone, I feel worn out and resentful. Could we split it?"

Watch out for

- "I feel that you..." is a "you" statement in disguise.
- Keep to one issue.
- Choose a calm moment.

Try it

What I want to say, the way it first comes out

When...	I feel...	Because...	I would like...

How it went when I said it

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