

The Value of "I" Statements

"I" statements are valuable tools you can use to convey your message in a clear, non defensive manner. When used properly, "I" statements help you communicate your needs and feelings without blame, while also helping others understand your perspective. They can also be used to express compliments.

Try an "I" statement here...	Sample "I" Statements
1 What are you seeing, hearing, or otherwise sensing? <i>I see a family that truly loves me.</i>
2 What emotions are you feeling? <i>I feel grateful.</i>
3 What are your interpretations or needs that support those feelings? <i>I know you have always been there for me.</i>

Try an "I" statement here...	Your "I" Statements
1 What are you seeing, hearing, or otherwise sensing?
2 What emotions are you feeling?
3 What are your interpretations or needs that support those feelings?

Try a complimentary "I" statement here...	Sample Complimentary "I" Statements
1 What are you seeing, hearing, or otherwise sensing? <i>I see a family that works as a unit.</i>
2 What emotions are you feeling? <i>I feel proud.</i>
3 What are your interpretations or needs that support those feelings? <i>I trust we have each other's backs.</i>

Try a complimentary "I" statement here...	Your Complimentary "I" Statements
1 What are you seeing, hearing, or otherwise sensing?
2 What emotions are you feeling?
3 What are your interpretations or needs that support those feelings?