



PARENT/
CARER

TALKING IN THE 'I'

When we use 'I' statements it helps us say how we feel and what we want, without placing blame on the other person.

If we use statements starting with 'you', this can come across like we are accusing someone or putting them down. It might cause the other person to become defensive.

When in an argument try using the following structure so that you can clearly share your needs:

I FEEL....
WHEN....
BECAUSE....
I WOULD LIKE/PREFER/WANT....

For example:

I felt angry when you didn't text me back all evening because I was worried about you. I would like you to let me know that you're ok and when you'll be home.

