

## “I” Statements

Disputants who use “I” –statements to voice their concerns about each other’s behavior can more easily work together because they are less likely to feel judged or blamed. Tell students that “I” –statements have four parts:

- a. “I feel...” (Express the feeling you have: “I feel bad...”)
  
  
  
  
  
  
  
  
  
  
- b. “When you...” (Describe the other person’s behavior: “when you put me down...”)
  
  
  
  
  
  
  
  
  
  
- c. “Because...” (Explain the behavior’s effect on you: “it hurt my feelings.”)
  
  
  
  
  
  
  
  
  
  
- d. “I need...” (State what you want to happen: “you to show more respect for me.”)