

## Tool 7.1: Practice using I-statements

Date:

Rewrite the blaming or negative statements on the left into I-statements. If there are things you remember saying and regretting, rework them in the blank lines too.

Blaming or negative statement	Positive I-statement
Example: You and your buddies made a mess out of this place.	I'm glad your friends like being here. Could you help me keep it tidy so it looks good for company?
You're no fun to be with when you drink.	
Don't yell at the kids like that!	
I can't stand it when you lie to me.	
You missed my parents' anniversary party on purpose.	
What's wrong with you? Why don't you just get a job?	
You never listen when I talk to you.	
How could you do this? You took money from my wallet without asking!	
If I'm going to go through the trouble of cooking for you, at least you could show up on time.	
You're an accident waiting to happen.	
You're a disgusting slob.	

What are you thinking, doing this around the kids?	