

USING “I” STATEMENTS

*This worksheet was inspired by How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish.

‘I’ statements help express feelings without placing blame, which keeps kids from feeling defensive.

Example

Initial response: “You never clean up your toys!”

Revised response: “I feel overwhelmed when toys are left out because I worry that someone might trip and get hurt. Could you help me by putting them away?”

Practice

- 1 Describe a time you blamed your child and they became defensive.

- 2 Write down exactly what you said during this situation, include any blaming language you used (e.g. “You never listen!” or “You’re rude.”)

- 3 Rewrite your response using an ‘I’ statement to express your feelings without using blaming language.