Exercise: VII

Turning “You” Statements into “I” Statements

Begin this exercise by writing three YOU statements in the space below.

1. Write a statement that expresses your disagreement with someone else’s view about something.

“You(r)

2. Write a statement that you might make to criticize someone’s work or performance.

“You(r)

3. Write a statement that you might make to let someone know that you have a strong opinion (or are angry) about something they said or did.

“You(r)

Now, convert the three “You” statements you wrote into “I” statements.

1. “I

2. “I

3. “I

Find a partner. Begin by reading your “You” statement to your partner. Then, read your converted “I” statement to your partner. Your partner will listen to your statement and give you feedback about what you did well and how you could have improved your statement.