

Turning “You” into “I” Spreadsheet

When communicating with your partner, the overuse of “you” statements can sound aggressive and judgmental.

Rather than putting the other person on the defensive, replace with “I” to express how you feel and maintain focus on you.

The other person will be more likely to empathize rather than negate your feelings.

Examples of “you” statements

Why are you so nasty to me?

Why are you so nosy?

Examples of “I” statements

I feel upset when you talk to me like that.

I do not feel comfortable when you raise your voice.

Try changing the subject of some of the statements you use with your partner or they use with you:

‘You’ message:

‘I’ message:

‘You’ message:

‘I’ message:

'You' message:

'I' message:

Once practiced, use the wording when discussing sensitive issues with your partner.

Dr. Jeremy Sutton