



Communication



I Statements

I feel.... I need.... I can.... I will....



You Statements

**You made me....You always....You did...
You shouldn't...**

Examples:

I feel irritated when the rules are not followed. I need to be able to point it out. I can try to only do this one time a day.

I feel angry when it seems like I get blamed for everything. I need you to be on my side.

I need you to not call me names. I will also not call you names.