



## "I" STATEMENTS



**SMART**  
Family & Friends

Reword the negative statements below as positive "I" statements. Say the new "I" statements out loud. Do you notice any difference in how you feel? How do you think your Loved One would respond to the positive "I" statements compared to how they might respond to the negative statements in the first column?

Blaming / Negative Statement	Positive "I" Statement
You and your buddies made a mess of this place.	Ex: I'm glad your friends like coming here. Could you help me keep it tidy so it looks good for company?
You're no fun to be with when you've been drinking.	
Don't yell at the kids like that!	
I can't stand it when you lie to me.	
You missed my parent's anniversary party on purpose!	
What's wrong with you?! Why don't you get a job!	
You never listen to me when I'm talking to you.	
How could you do this? You took money out of my purse without asking!	
If I'm going to go to the trouble of cooking for you, the least you could do is show up on time.	
You're an accident waiting to happen when you're drinking (or using).	
You're a disgusting slob.	
What are you thinking, using drugs in front of the kids????	

