

# "You" Statements vs. "I" Statements

## Examples

"You" Statement: You expect me to do everything for you!

"I" Statement: I feel frustrated & overwhelmed with all of these responsibilities. I could really use your help.

"You" Statement: You never thank me for anything!

"I" Statement: I feel a little bit unappreciated.

"You" Statement: You don't spend any time with me.

"I" Statement: I feel a little bit disconnected and miss spending time with you.

"You" Statement: You need to change. You need to do what I tell you!

"I" Statement: I am worried about you, and I want to help.

"You" Statement: You are driving me crazy!

"I" Statement: I feel triggered & annoyed right now. I could use some space.

"You" Statement: You aren't listening to me!

"I" Statement: I feel frustrated that I have to keep repeating myself...

"You" Statement: You're spending too much money.

"I" Statement: I'm worried about our finances. I'd prefer to save some money for the future.

"You" Statement: You are two hours late... what's wrong with you?

"I" Statement: I was really worried about you. I'm upset that you didn't call me to let me know that you would be late because I thought something bad had happened to you...

"You" Statement: You disappoint me!

"I" Statement: I feel a little bit let down...

"You" Statement: You are so disrespectful!

"I" Statement: I felt disrespected when you called me those names.

# Credits



[Auntie Ds Doodles](#)

-Thank you for the border!