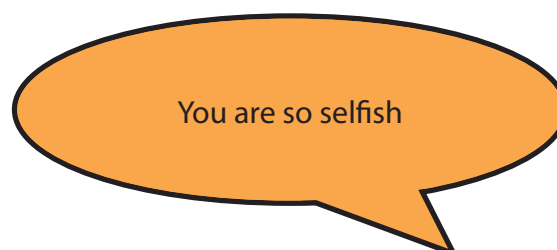
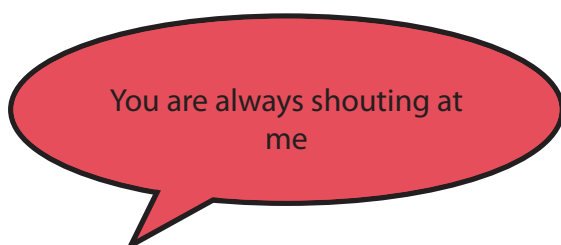


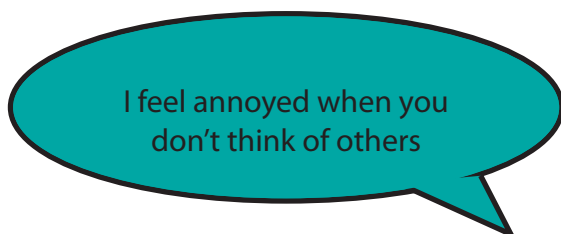
## “I” Statements

How we speak to people is important as it can lead to as well as avoid conflict with others. For example:

When we accuse, blame or judge we tend to use “you” statements.



Using “I” statements is a good way to tell the other person how their behaviour affects you.



This helps the other person understand your feelings and can help them take responsibility of their feelings.