"I" and "You" Statements

**"I" Statements:**
- Communicate a person’s thoughts and feelings
- Involve taking responsibility for your emotions
- Are focused on things you know—how you are feeling
- Focus on what you would like to happen
- Examples: "I think this is a bad idea." or "I feel frustrated when you interrupt me."

**"You" Statements:**
- Make the other person feel blamed or attacked
- Lack personal responsibility for emotions
- Are focused on things you don’t know—how the other person is feeling
- Focus on what the other person needs to change
- Examples: "You have such bad ideas." or "You always interrupt me and never listen."