



“I” Statements Sort

I hate it when you come home late without calling me.

I like my new morning exercise routine.

I feel anxious and flustered when I’m yelled at for making a mistake; It makes me want to avoid trying in the future out of fear I will mess something up.

It makes me angry that you still don’t trust me.

When I am interrupted, I feel like what I am trying to say isn’t important.

I get discouraged when the food I cook is criticized because cooking is a new skill for me, and I am trying to keep us healthy.

I am doing the exact same thing you did last week; what’s the difference?

I don’t like your tone.