“I” vs. “you”

This is a role-play.

1. Working with a partner, develop two scenes based on the same interpersonal situation. This will provide each of you the opportunity to reflect on how you feel as the speaker and the listener in each scenario. Yes, you have to do all three of them! Good practice 😊

- The owner of a gas station provides feedback to an attendant who has been smoking near the gasoline pumps.
- A parent greets a child who has just returned home 2 hours later than expected.
- A roommate /domestic partner discuss the state of cleanliness in the apartment.

Reminder: A complete “I statement” has four parts (p. 200)
A. The other person's behavior
B. Your interpretations
C. Your feelings
D. The consequences of that other person's behavior

This is the writing assignment

2. Now practice what you've learned! The next opportunity you have with another person with whom you need to either give feedback or have a conflict I want you to practice the “I” statement. Yes, I know that it will feel strange-awkward even. Do it anyway.

3. Then write a one to two page paper about the experience. Some questions you might consider: What was the nature of the interaction? Did the interaction change as you changed your language? If so, in what way? If not why not? What were your feelings, thoughts impressions of the experience?

4. Also include in the paper a paragraph about this role play. Questions to answer:
- How did the nature of your interaction change as you switched from “you” to “I” messages?
- How did you feel in each situation?