



Saying It So They Can Hear It

Turn blame into "I" statements that open conversations instead of closing them.

When we're upset, it's natural to lead with "you" — "you never listen," "you always..." — which lands as blame and puts the other person on the defensive. "I" statements flip this: you own your feeling and name what you need, which is far easier to hear. They don't guarantee you'll get your way, but they keep the conversation open.

The formula

I feel ___ when ___, because ___. What I'd like is ___.

Rewrite a few

Blaming version ("you...")	As an "I" statement
You never help around here.	I feel overwhelmed when the chores fall to me, because I'm stretched thin. I'd like us to split them.

A soft start-up — calm tone, no "always/never" — matters as much as the words.