

You and I statements

Use these cards to help you to describe how you are feeling using 'I' statements instead of 'You' statements

**You care more about work
than your own family**

**You never pay me any attention,
you just don't find me attractive**

**You're always on the phone texting,
on Facebook. You care more about
someone else's opinion than mine**

**You never hear me, you
don't understand me**

**You always take your
mother's side over mine**

**You never back me up when I
am dealing with the children**

**You never have any time
for me**

**You don't help out enough, you just
expect me to clean up after you**

I need help with....

It would be great if....

I feel anxious when....

I get irritated by....

© 2014 by the author. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage or retrieval system, without the prior written permission of the author.

It would be great if....

Things go wrong when....