

I Can Get an A+ Communicating With the Three Fs: Friends, Family, and Foes

Name: _____

A. Rewrite each of the following statements to make it an “I” statement. The first one has been done for you. Numbers 2 through 4 help you start your answers.

1. You are such a jerk for taking my book! I feel upset that you took *my* book without asking.
2. You just want to get me in trouble, stealing that game!
No! I won't
3. Give that back, you monster!
I expect you to
4. You always let Cody get his own way!
I feel that
5. You're mean, Dad! _____
6. This chore stinks. _____
7. You are a dirty, double-crossing drug pusher!

B. Explain how or why the “I” statements you have written may help in a conflict or refusal situation.

C. List the two situations in part A in which it is perfectly okay to say “No!” firmly before an “I” statement. _____

Why? _____
