



Bay Brooke Center
For Independence & Wellness

PARENTING AND DIVORCE CLASS.COM
A Parent Education and Family Stabilization Course

Defuse with "I" Statements

Directions: Read the examples and convert them to "I" statements. Use the format below.

"I feel _____

When _____

Because _____

And what I'd like is _____."

1. "I can't believe you! You promised you would be on time for a change, and you forgot again! I can't trust you to do anything right!"

2. "You are so darn controlling! I can't believe what you are doing to the children. You are not supposed to pump them for information about me or my boyfriend! Just because you are jealous and lonely, don't take it out on the poor kids! If you don't stop doing stuff like that, I'll call my attorney!"
