

"I" Statements

Using an "I" Statement is the first part of the Speaker-Listener Technique. But just what is an "I" Statement? It is a statement that gives information only about the Speaker and avoids discussing the Listener in destructive ways like blaming, criticizing, judging, shaming, or name-calling.

The 4-Step "I" Statement:

- 1 - Say, "I"
- 2- What the speaker feels or wants.
- 3- The event or behavior that produced the Speaker's feelings or wants.
- 4- The effect the event has on the Speaker.

Put these four parts together to form a sentence like this:
 "I (#1) feel/want ____ (#2) ____ when ____ (#3) ____, because ____ (#4) ____."

Here's an example: "I (#1) want you to talk with me (#2) instead of watching TV tonight (#3), because I feel like we haven't spent any time together lately (#4)."

INSTEAD OF: "Why do you just sit there and glue your nose to the TV every night? You'd think it was your best friend!"

With practice, you can become very good at making "I" Statements!
Go Ahead! Try it!



Couples Communication Quiz

An opportunity to discuss your Strengths and Growth Areas in Communication!

Each partner should take this communication quiz and record their responses below.

Response Choices					F	M
1	2	3	4	5		
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree		
1.	We are good at sharing positive and negative feelings with each other.				_____	_____
2.	My partner is very good at listening to me.				_____	_____
3.	We let each other know our preferences and ideas.				_____	_____
4.	We can easily talk about problems in our relationship.				_____	_____
5.	My partner really understands me.				_____	_____

Scoring Your Quiz

Add up your scores on the Male and Female sides. Then interpret your individual scores as listed below. **Score Range:**

- 21-25 Your communication is very good
- 15-20 Your communication is generally good, but there are ways it could be improved
- 11-14 Your communication is good in some ways, but also needs some improvements
- 5-10 Your communication needs improvement

After you have both taken and scored the quiz, compare how you perceive your relationship regarding communication.

- Begin by talking about each item - how you answered and why.
- Discuss your strengths and be proud of them (Strengths are items where you both agreed and had a score of 4+)
- Discuss the other items and decide how you can turn them into strengths.