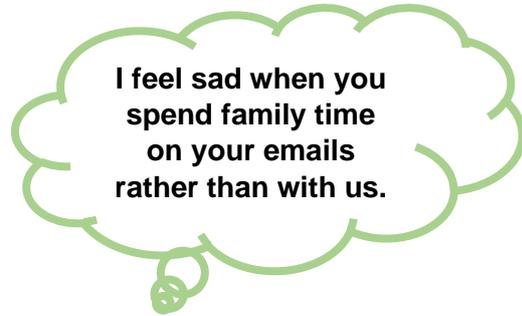


Activity 3

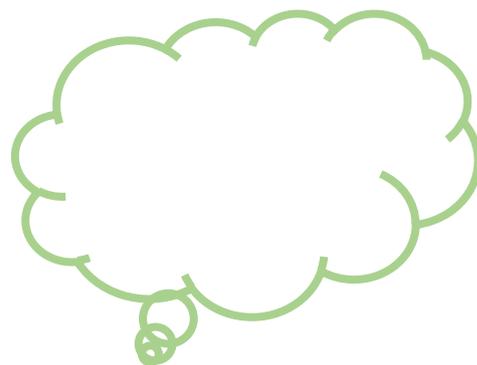
This activity helps to change the words we use to reduced conflict and make sure we explain how we feel and what better looks like.

'I statements' are important when communicating with someone. It tells the other person how you feel and why that is without accusing them of things. Making accusations can cause people to feel defensive, angry or frustrated.

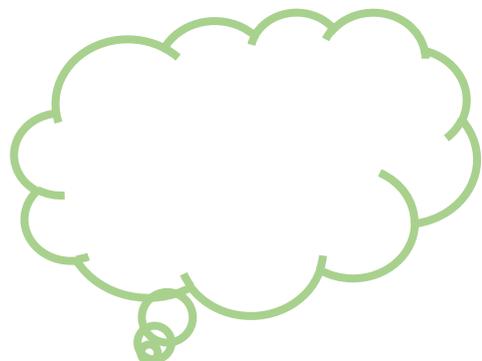
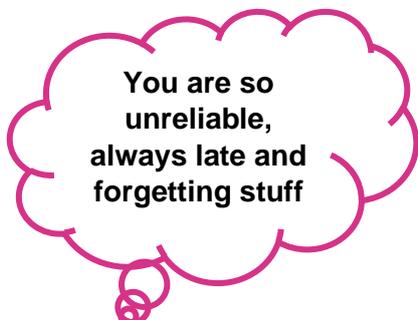
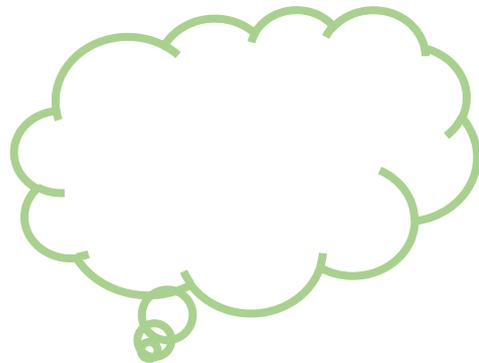
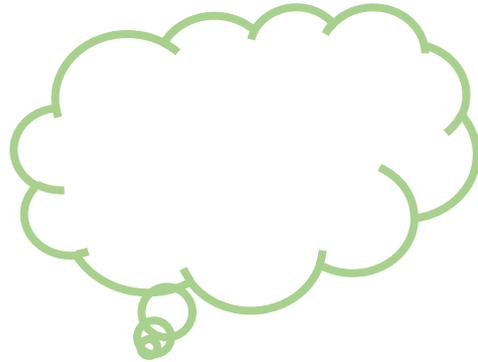
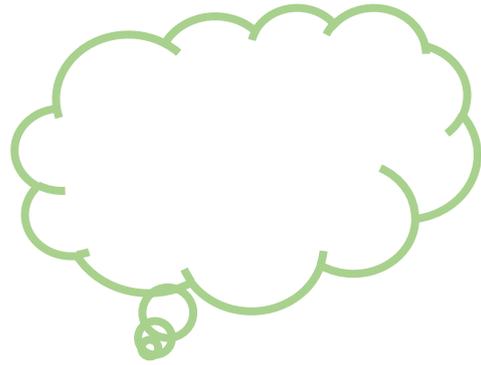
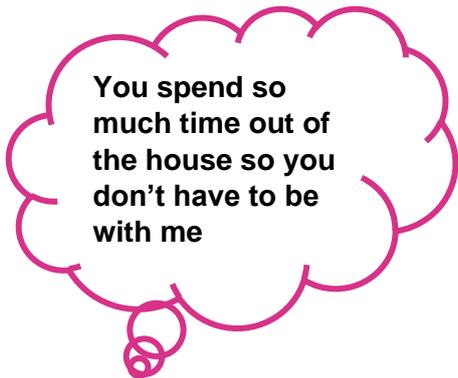
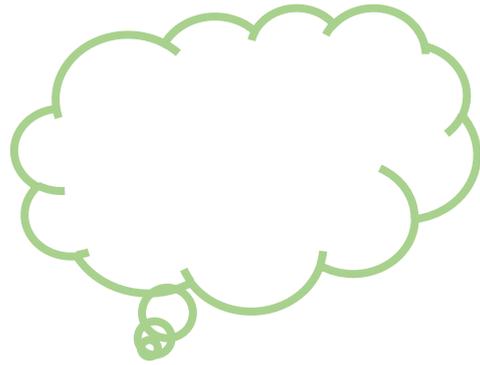
Here are a couple of examples of using 'I statements':



Now have a go in turning the other comments into 'I statements'. Think about how you could change the way you communicate with your partner or co-parent.

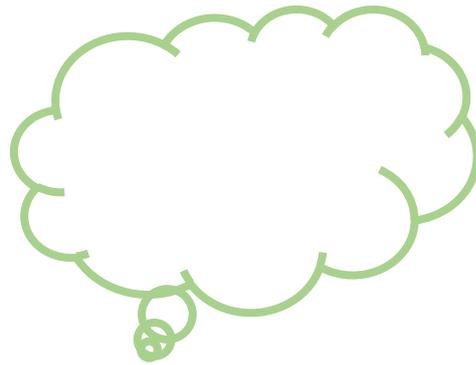


Activity 3

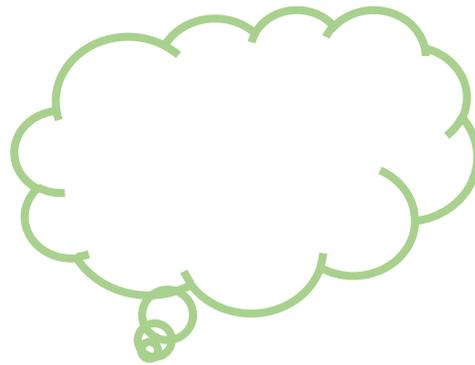


Activity 3

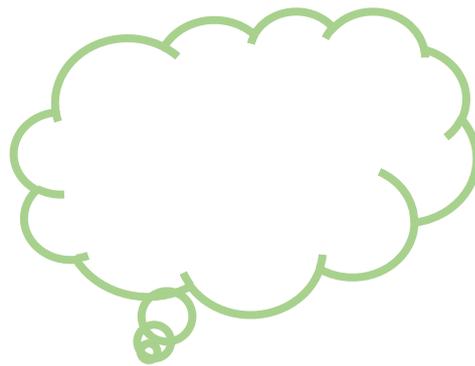
**You don't pull
your weight
with the kids or
the chores**



**You don't care
what I want
from life**



**You don't back me
up when I'm trying
to discipline the
kids**



**You back your
family up before
you back me up**



**You always want
to be the fun
parent and never
tell them off**



Activity 3

