

Name: _____



Tell It Like It Is

Everybody has conflict in their lives.

It is unavoidable!

There are ways to talk to someone that you do not agree with that show that you have sought first to understand.

Have you ever tried to avoid a conflict with someone? What happened?

As humans, we have a fight or flight response when someone says or does something that we do not agree with. Sometimes, we avoid conflict. Other times, we feel defensive and act without thinking.

Here are some examples of YOU STATEMENTS. Think about who or what these statements seem to focus upon.

You always get to sit in the front seat.

You never listen to me!

Do these statements focus on the person or the problem? _____

Here are some examples of **I STATEMENTS**. Think about who or what these statements seem to focus upon.

I haven't sat in the front seat for a while - can we switch?

I feel as though my opinions aren't being considered.

Do these statements focus on the person or the problem? _____

Change the YOU messages to I messages.

You need to spend more time practicing.

You shouldn't treat other people that way.

You always blame others for your mistakes.
