

Name: _____

From You to I

- When you are negotiating and remembering to remain calm, it is important to avoid blaming others. Your statements should not begin with you. Instead, they should begin with I.

For instance: "You tripped me on purpose you idiot!" Instead try: "I am upset with you for tripping me, was it on purpose?"

Try changing the following sentences that begin with I to something that begins with I:

1. You need to get a life and quit following me.

2. You are brain dead! Who ever told you that?

3. You don't belong on this team, you're a lousy player!

4. You aren't joining us, last time you were the reason we lost!

5. You always complain and whine, I'm sick of it and sick of you!
