

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. Get out of the way, you know I was here first!**

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**2. You are a pain, stop copying my work.**

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**3. You don't make any sense, why do you mumble all the time anyways?**

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**4. You aren't joining us at recess because you always cheat!**

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**5. You always annoy me, quit following me around.**

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