In this lesson, you learned that I-statements are a good way to facilitate open and effective communication with others. I-statements help to express the way a person feels and what he or she wants with great clarity. They are much more effective than “you” statements (e.g., “You never told me that.”), which can make people feel angry and defensive immediately. In this activity, you will practice using I-statements to facilitate clear and open communication.

**Directions**
For each of the following scenarios, write an I-statement that you could use in that situation to clearly express how you feel. Remember to avoid using any “you” statements, which do not lead to effective communication.

1. You are a job coach working in a team situation. Every time you offer an idea, another member of the team interrupts you and interjects her ideas before you can complete what you are saying. What is an I-statement you could use in this scenario?
2. Your work-based learning coordinator did not provide you with the necessary background information about the new student whom you are job coaching. This caused problems on your first day with the student, and you are frustrated that you didn’t have the right information. What is an I-statement that you could use when you talk to the WBL coordinator?

3. You are working with a student at a new job site, and the student’s employer is constantly talking down to you. Every time you interact with the employer, he speaks to you like a child and speaks negatively about the work you have been doing and your role on the job site. What is an I-statement that you could use when you speak with the employer?

4. You are working with an IEP team, and one team member always rambles on and talks too much. There isn’t enough time for you to share information about your student because the team member rambles on for too long. You feel like important information will be left out of the IEP due to this person’s excessive talking during meetings. What is an I-statement that you could use in this scenario?