

"I" STATEMENT STARTERS

Positive "I" Statements

"I am proud to
see/hear..."



"I am appreciative
of you/your..."



"I am excited that
you..."



"I am grateful
that/for..."



Redirection "I" Statements

"I am so sorry
that..."



"I am frustrated
that.."



"I'm having a hard
time understanding
why..."



"I feel upset by..."

