

I Statements for Effective Communication DBT Worksheet

Date: _____

Name: _____

Physician's Name: _____

Instructions:

Write down some "you" statements you frequently make when talking to others.

Change the "you" statements above into "I" statements.

The next time you have situations/conflicts where you normally use "you" statements to express yourself or ask for what you need, use an "I" statement instead. Then, record the outcome below. Pay particular attention to how the other person responds.

Situation and with whom?	What were your thoughts and feelings?	What "I" statement did you use?	What was the outcome? How did the other person respond?

Reflections

Did you find your communication improved when you shifted from “you” statements to “I” statements? Please elaborate and give examples.

Did anyone notice you were communicating in a different way? How did they react? What did they say or do?

What can you do to remind yourself to use “I” statements instead of “you” statements?

On a scale from 1 to 10, how helpful was this exercise? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful) _____

What did you learn from this exercise?

Reference: Pipitone, E., & Doel, A. (2020). Using “I” Statements to Communicate Effectively. In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 166-168).