



Flip the Script

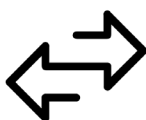


Flip these “YOU” statements into “I” statements.

“You’re always complaining about everything!”



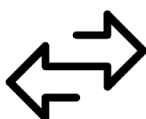
“You can't read the recipe? These portions are all wrong.”



“You're always outside talking to the after-school staff instead of doing your job.”



“You always take way too long on the serving lines. You’re too slow!”



Starter “I” Statements

1. **I notice...** *(to bring attention to a behavior without assigning blame)*
2. **I’m concerned about...** *(to express worry or urgency without sounding aggressive)*
3. **I want to understand...** *(to invite dialogue instead of confrontation)*
4. **I value...** *(to reinforce teamwork or appreciation before addressing an issue)*
5. **I’d like to work together on...** *(to encourage collaboration on finding a solution)*
6. **I’m open to hearing your side...** *(to invite respectful two-way communication)*
7. **I’ve observed that...** *(to state facts in a non-personal way)*
8. **I want to make sure...** *(to clarify expectations or open dialogue)*