Wellness Tip
of the Week
with the Area Agency on Aging District 7

Using "I" Messages

An "I" message is a direct way to express your views and feelings. Sometimes, when communicating with others, our emotions and frustrations rise, which results in the use of "you" messages - where we start with the word "you" - which often suggests blame. Try to use "I" statements to promote positive communication...such as "I notice", "I think", "I feel", and "I want".