



# “I” Statements

# COMM 009 Interpersonal Communication

- ▶ SLO—Employ strategies for competently managing relationships in a variety of social contexts
- ▶ Assessment—10 question quiz consisting of true/false, multiple choice, and short answer questions
- ▶ *Create an “I” statement for the following situation:* You want to tell your roommate to clean up part of the apartment because it’s making you crazy.
- ▶ *Create an “I” statement for the following situation:* You want to tell your romantic partner that you are becoming bored and dissatisfied in the relationship.
- ▶ *Create an “I” statement for the following situation:* Your mother or father is very critical of your friends. Instead of telling them off you respond with

# COMM 009 Interpersonal Communication

Ⓜ Average Score

**71%**

Ⓢ High Score

100%

Ⓣ Low Score

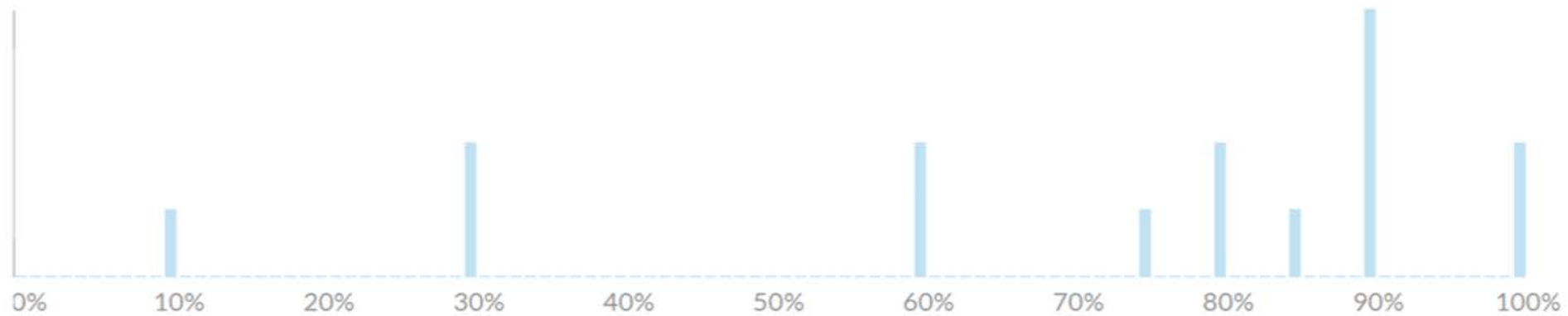
10%

Ⓢ Standard Deviation

5.37

⌚ Average Time




28:58



# COMM 009 Interpersonal Communication





Create an "I" statement for the following situation:

You want to tell your roommate to clean up part of the apartment because it's making you crazy.

Answers which scored in the top 27%	11 respondents	73%	 ✓
Answers which scored in the bottom 27%	3 respondents	20%	
Ungraded answers	1 respondents	7%	

Create an "I" statement for the following situation:

Your mother or father is very critical of your friends. Instead of telling them off you respond with

Answers which scored in the top 27%	9 respondents	60%	 ✓
Answers which scored in the middle 46%	2 respondents	13%	
Answers which scored in the bottom 27%	3 respondents	20%	
Ungraded answers	1 respondents	7%	

Create an "I" statement for the following situation:

You want to tell your romantic partner that you are becoming bored and dissatisfied in the relationship.

Answers which scored in the top 27%	5 respondents	33%	 ✓
Answers which scored in the middle 46%	7 respondents	47%	
Answers which scored in the bottom 27%	2 respondents	13%	
Ungraded answers	1 respondents	7%	

# COMM 005 Survey of Human Communication

- ▶ Your relational partner Erick surprised you with a hot fresh puppy for your birthday. There's only one problem—you're allergic to puppies, and he knew that. It seems like he's always doing insensitive things like that. Compose an "I" statement to them that clearly expresses how you feel.
- ▶ You think your dinner partner Ivan's eating behavior is rude and disgusting. Compose an "I" statement to Ivan that clearly expresses how you feel.
- ▶ You want to tell your roommates to clean up part of the apartment because it's making you crazy. Compose an "I" statement to Daniel, Jasmin, Kaitlyn, Tyler, Dave, Jailen, Kayleigh, Karsyn, Serena, John, Brandon, Erica, and Sean, that clearly expresses how you feel.

# COMM 005 Survey of Human Communication

⊕ Average Score

**54%**

⤴ High Score

100%

⤵ Low Score

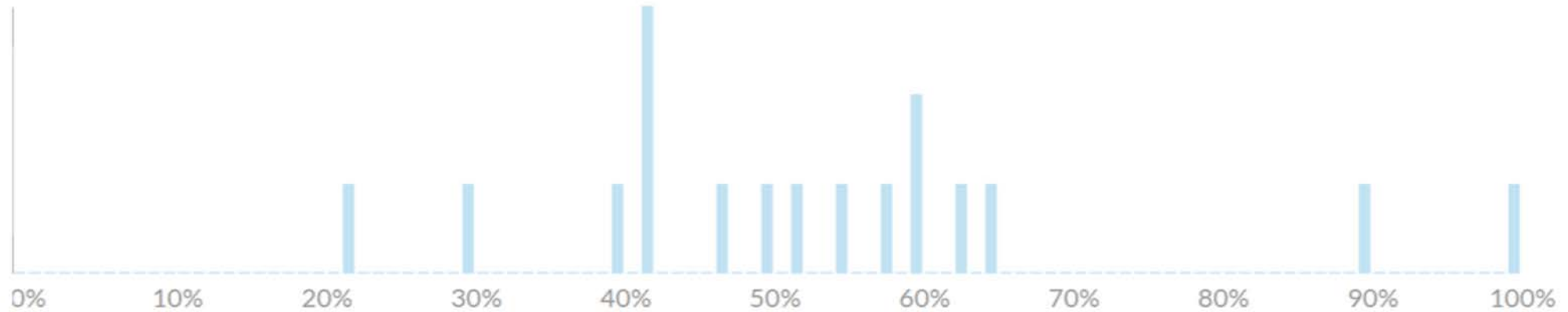
22%

⊖ Standard Deviation

22.66

🕒 Average Time

01:07:55



# COMM 005 Survey of Human Communication

- ▶ I feel that you intentionally gave a puppy knowing I am allergic to puppies. I feel you did this on purpose. I don't like your insensitivity. I asked you not to do this.
- ▶ I am disappointed in you. How can you do this to me? I feel like you don't really care about my well-being if you don't know what I am allergic to.
- ▶ I feel upset because you know I'm allergic to puppies. I'd appreciate it if you listened to me more.
- ▶ I appreciate your gesture of a hot fresh puppy, but it worries me that you are not aware of my allergy.
- ▶ I appreciate the gift but feel that my health wasn't taken into consideration.
- ▶ I feel annoyed that you always do things that are very insensitive.

# COMM 005 Survey of Human Communication

Your relational partner Erick surprised you with a hot fresh puppy for your birthday. There's only one problem—you're allergic to puppies, and they knew that. It seems like they're always doing insensitive things like that. Compose an "I" statement to them that clearly expresses how you feel. Label each part of your "I" statement.

Answers which scored in the top 27%	8 respondents	47%	<div style="width: 47%;"></div> ✓
Answers which scored in the middle 46%	9 respondents	53%	<div style="width: 53%;"></div>

You want to tell your roommates to clean up part of the apartment because it's making you crazy. Compose an "I" statement to Daniel, Jasmin, Kaitlyn, Tyler, Dave, Jailen, Kayleigh, Karsyn, Serena, John, Brandon, Erica, and Sean, that clearly expresses how you feel. Label each part of your "I" statement.

Answers which scored in the top 27%	9 respondents	53%	<div style="width: 53%;"></div> ✓
Answers which scored in the middle 46%	8 respondents	47%	<div style="width: 47%;"></div>

"I got a C on that paper. The worst grade I've ever gotten. I just can't believe that I got a C. What am I going to do?" Compose a paraphrasing statement to Jezabel describing what you heard. Label each part of your paraphrasing statement.

Answers which scored in the top 27%	12 respondents	71%	<div style="width: 71%;"></div> ✓
Answers which scored in the bottom 27%	5 respondents	29%	<div style="width: 29%;"></div>

Your cousin Dalia tells you that she's been having trouble with her girlfriend lately. She says she seems to be calling less frequently and she is frustrated. She says that she seems more distantly lately and is concerned that they are drifting apart. Compose a paraphrasing statement back to her that reflects what you heard her say. Label each part of your paraphrasing statement.

Answers which scored in the top 27%	16 respondents	94%	<div style="width: 94%;"></div> ✓
Answers which scored in the bottom 27%	1 respondents	6%	<div style="width: 6%;"></div>