



## You messages – open or hidden blames

**You can copy and cut out these sentences and distribute them to the participants for the exercise.**

Sometimes we think we are sending so-called "I" messages, and actually they are disguised "you" messages. They are blames, often coupled with counter-blames.

### **Direct You-messages**

I think you could be a little more thoughtful.

You always make such a mess.

You always make it so easy for yourself.

I feel totally hurt because you've been lying to me again.

You're a pain in the ass.

I have a feeling you might as well be more careful.

I feel like you can just not be on time.

You did a beautiful job.

Why don't you do your own stuff?

You could say something for once.

You always seem to imagine that it is so simple.

Your hands are all thumbs.

I should have known that.

### **Hidden You-messages**

I don't feel taken seriously.

I feel betrayed.

I feel taken advantage of.

I feel ridiculed.

I feel misjudged

I feel abandoned.

I feel unloved.

I feel loved.

I feel valued.

I feel seen.

You're always so great.

I feel reassured.

I feel well cared for.

I feel misunderstood.

I feel taken in.

I've said it 10 times already.