

"I" Statement Reference Card

SAM with "I" statements

See a problem.

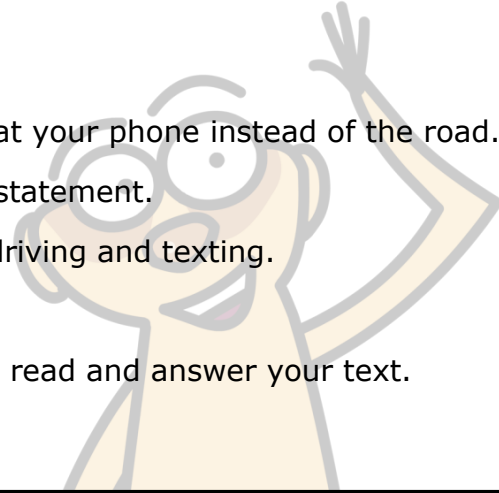
- I see that you are looking at your phone instead of the road.

Address the problem with an "I" statement.

- I feel scared when you're driving and texting.

Make an action plan together.

- Let's pull over and you can read and answer your text.



EXAMPLES	See a problem.	Address the problem with an "I" statement.	Make an action plan together.
The driver is not focusing on the job of driving.	Mom, the car is swerving!	I feel scared when you look at the phone when you're driving.	I can read that text to you.
A passenger is behaving in a way that distracts the driver.	Joey, when you ask Dad to find your spinner it distracts him.	I get nervous when we cause Dad to look away from the road when he's driving.	Dad, can we pull over so we can find Joey's spinner?