“I” Statement Reference Card



**SAM** with “I” statements

**S**ee a problem.

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

**A**ddress the problem with an “I” statement.

* I feel scared when you’re driving and texting.

**M**ake an action plan together.

* Let’s pull over and you can read and answer your text.

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| **EXAMPLES** | **S**ee a problem. | **A**ddress the problem with an “I” statement. | **M**ake 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? |
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