

# Why I Try to Speak in the “I”

- I try to speak in the “I” because it gives me the most immediate access to what I’m thinking and feeling.
- I try to speak in the “I” because it helps me to “own” my feelings.
- I try to speak in the “I” because I can only speak with authority about *my own* thoughts and feelings. Although I can guess what’s going on inside of you, I don’t really know what you are thinking and feeling until you tell me.
- I try to speak in the “I” because I don’t know if it’s really true that “We all feel like ...” or “Everyone thinks ....”
- I try to speak in the “I” because I don’t presume to know what you or anyone else “should” think or feel about most subjects (and I don’t like being told what I “should” think or feel).
- I try to speak in the “I” because, when I speak in the “we” or the “you,” I’m often simply repeating things that I’ve heard but have not experienced myself, and I’m afraid that I might end up passing on wrong or inaccurate information.