



It is I or  
It is me?



**COMMON MISTAKES IN WRITING** vol.2  
Learn from other students' mistakes to avoid making them yourself.

In general, both **it is I** and **it's me** are valid ways of introducing yourself. It's just that **it is I** is more formal, and can sound old fashioned to the modern ear. **It's me** is more casual and relaxed, and you're more likely to hear it in present-day conversations.

## It is I (formal context)

We use I after linking verbs like is, was, were, which describe a state of being rather than an action. After these verbs, we use subject pronouns such as "I," "she," "he," "they," and "we." However, **It is I** is very formal and old-fashioned and would sound pompous or affected in speech. That's why almost everyone says, **It is me** and why the **It is I** construction is almost extinct.

- It is I she wishes to see tonight.
- Perhaps it is I who should stay.
- Is this Joe? – It is I.

## It is me (informal style)

**It is me** (or **it's me**) is considered an informal style. Today, most native English speakers use **It is me** instead of **It is I**.

Me is an object pronoun which means that it's on the receiving end of the action in a sentence. The use of me in the phrase **It is me** isn't typical usage of the pronoun, since there is no action to receive.

- It's me. Can you open the door? I haven't got my key.
- "Who's there?" "It's only me."
- Hello, it's me, John.

### OTHER EXAMPLES

#### formal

- That is I when I was seven.
- This is we when we were kids.
- That is he. That's the man I saw.

#### informal

- That's me when I was seven.
- This is us when we were kids.
- That's him. That's the man I saw.