

# I-MESSAGES

**I-Messages** are a great way to explain yourself when you are upset. When you use I-Messages, people are more willing to listen to you and respond to your requests without becoming defensive. I-Messages encourage open discussion and can help a conflict become resolved quickly and easily.

## EXAMPLE

One of your friends often borrows things from you and doesn't return them.

I feel upset

when you don't return my things

because they are important to me.

**Fill in the blanks for the following I-Messages:**

1. Your closest friend is telling others about your personal life.

I feel \_\_\_\_\_

when you \_\_\_\_\_

because \_\_\_\_\_

2. Your teacher hasn't called on you all week, even though you've raised your hand.

I feel \_\_\_\_\_

when you \_\_\_\_\_

because \_\_\_\_\_

3. Someone in your family keeps forgetting to give you messages.

I feel \_\_\_\_\_

when you \_\_\_\_\_

because \_\_\_\_\_