

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 resolve a conflict 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. You haven't been called on 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 _____