

# I-MESSAGES

**I-messages** are a great way to explain yourself when you are upset. When you use them, people are more likely to listen to you and to respond without becoming angry and defensive. Read the example, and then try to write your own I-messages.

## EXAMPLE

Someone in your household often forgets to give you your messages.

I feel upset  
 when you don't give me my messages  
 because they are important to me.

1. A classmate has started calling you by a nickname that you dislike.

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

I feel \_\_\_\_\_  
 when you \_\_\_\_\_  
 because \_\_\_\_\_