

## CAREER EDUCATION LIFE

Name: \_\_\_\_\_

# “I-Messages”

### What are “I-Messages?”

“I-Messages” are an effective way to communicate, especially when there is a problem. “I-Messages” are effective because they don’t make the other person feel offended by what you say. “You-messages” tend to blame the other person, causing hurt feelings and stopping the communication process.

### “I-Messages” have two parts:

Part 1 – Describes your feelings, starting with “I feel . . .”

Part 2 – Describes how you would like things to change.

### **PART 1: *Change the following “You-messages” into “I-messages”***

- |                              |   |
|------------------------------|---|
| 1. You really make me angry  | 1. I am feeling upset about this.             |
| 2. You didn’t do that right. | 2. I feel the job should be done like this... |
| 3. You keep interrupting me. | 3. _____                                      |
| 4. You don’t understand me.  | 4. _____                                      |
| 5. Your smoking bothers me.  | 5. _____                                      |
| 6. You always confuse me.    | 6. _____                                      |

### **PART 2: *Describe the things that need to change:***

#### First Part

#### Second Part

- |   |  |
|---|--|
| 1. I am feeling upset about this.           | 1. I would like to talk and straighten it out. |
| 2. I think the job should be done like this | 2. I would like to work on it again with you.  |
| 3. I feel what I am saying isn’t important. | 3. _____                                       |
| 4. I feel you don’t listen to me.           | 4. _____                                       |
| 5. I feel sick when you smoke near me.      | 5. _____                                       |
| 6. I feel confused when you say that.       | 6. _____                                       |