**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. I am feeling upset about this.
2. I feel the job should be done like this…
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. You really make me angry

2. You didn’t do that right.

3. You keep interrupting me.

4. You don’t understand me.

5. Your smoking bothers me.

6. You always confuse me.

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

**Second Part**

1. I would like to talk and straighten it out.
2. I would like to work on it again with you.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**First Part**

1. I am feeling upset about this.
2. I think the job should be done like this..
3. I feel what I am saying isn’t important.
4. I feel you don’t listen to me.
5. I feel sick when you smoke near me.
6. I feel confused when you say that.