

# I Messages

I messages are used to express feelings and desires without blaming others. In a 3-part I message, the feeling, cause, and desired outcome are expressed. This helps the other person understand the effect that his or her behavior has on others.

**Example:** I feel hurt when I get teased. I want to be left alone.

You'll notice that the word "I" was used 3 times and the word "you" was never used. The key to making an effective I message is to **talk only about yourself and the situation / behavior, not about other people.**

Part 1

Part 2

Part 3

I feel\_\_\_\_\_ when\_\_\_\_\_. I want \_\_\_\_\_.

**Directions:** practice writing some I messages for these common problems, using the sentence starter given above:

1. Someone is making noise while you are trying to concentrate.
2. Someone borrows your pencil without asking.
3. Someone is saying your name wrong.
4. Someone is teasing you.
5. Someone is putting their rubbish on your table.

6. Someone won't cooperate at cleanup time.

7. You notice someone breaking a class rule.