



1-MAD

2-SAD

3-HAPPY

4-GLAD

5-FEARFUL

6-OPEN

7-DISGUSTED

8-EMBARRASSED

9-LOVED

10-ANXIOUS

11-COURAGEOUS

12-LONELY



Name: _____

I feel...(emotion)

When you...(describe hurtful behavior)

Because...(how it impacted you or others)

I need... (action requested or completed by you)

When you are in a difficult conversation, "You Messages" can give the other person power and make them defensive. However, "I Messages" are non-judgmental, non-threatening, and they help to make your feelings and concerns known and understood. "I Messages" can be used to help reduce conflict and improve communication. Practice your skills by changing each "You Message" into an "I Message." Make sure you use each of the four parts of the "I Message" skill in every statement.

1. You always make fun of the way I play baseball.

Example: **I feel** embarrassed **when you** make fun of me **because** it hurts my feelings and **I need** you to help me catch the ball better.

2. You never listen to me when I am talking!

3. You got a "C" on your test again because you didn't study! Your brain must be the size of a peanut!

4. You are always posting terrible pictures of me and never anything positive.

5. I waited all lunch hour for you to sit by me and you never did!

6. Write your own "I Message" for a situation that pertains to you.

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I feel...(emotion)

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1. You always make fun of the way I play baseball.

I FEEL embarrassed WHEN YOU make fun of me BECAUSE it hurts my feelings and I NEED you to help me catch the ball better.

2. You never listen to me when I am talking!

I FEEL hurt WHEN YOU interrupt me BECAUSE what I have to say is important and I NEED you to stop and listen, please.

3. You got a "C" on your test again because you didn't study! Your brain must be the size of a peanut!

I FEEL upset WHEN YOU put me down BECAUSE I tried my best on the test and I NEED you to support me.

4. You are always posting terrible pictures of me and never anything positive.

I FEEL angry WHEN YOU post terrible pictures BECAUSE I am a talented person and I NEED you to affirm me.

5. I waited all lunch hour for you to sit by me and you never did!

I FEEL sad WHEN YOU don't sit by me BECAUSE I sat all alone and I NEED you to sit next to me at lunch tomorrow.

6. Write your own "I Message" for a situation that pertains to you.

I FEEL... WHEN YOU... BECAUSE...