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

**The Power of “I”**

“I” messages are non-judgmental, non-threatening, and they help to get your feelings 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 by using all 4 parts in order. I feel……when you…….because……..and I need…….

**1) You are so mean when you tell me I shouldn’t eat certain things. You make me feel so fat.**

Response: I feel \_\_\_\_\_\_\_\_\_\_\_\_ when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**2) You are always texting when I am trying to talk to you.**

Response: I feel \_\_\_\_\_\_\_\_\_\_\_\_ when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**3) How come you always show up late and I have to wait for you?**

Response: I feel \_\_\_\_\_\_\_\_\_\_\_\_ when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**4) Where is the money you took and said you would return to me today?**

Response: I feel \_\_\_\_\_\_\_\_\_\_\_\_ when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**5) I’m sick of you always pressuring me to be more intimate with you.**

Response: I feel \_\_\_\_\_\_\_\_\_\_\_\_ when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**6) I stayed up all night waiting for you to reply to my text or call and you never did!**

Response: I feel \_\_\_\_\_\_\_\_\_\_\_\_ when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**7) You were told to clean up your room and take the garbage out. You never listen when I tell you to do anything!**

Response: I feel \_\_\_\_\_\_\_\_\_\_\_\_ when you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.