**USING “I” MESSAGES** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_

An **‘I’** message is a simple statement of fact about how you feel or think. **“You”** messages are statements that place blame or judge others and promote arguments.

**Examples:** Someone starts criticizing you about something you are doing...

➀ **You** don’t think I ever do anything the right way! All **you** do is pick on me!

➁ Wow, **I hear** a lot of anger in your voice. Are you mad at me?

The first remark took it personally and retaliated. The second evaluated the situation and looked for a way to get to the bottom of the problem. The **GOAL** is to solve the **existing** conflict - not start a new one or make the existing one even bigger.

For the following remarks, first write out a “you”message response that will likely lead to further conflict. Then write an “I” message that you think will settle things in peace.

1. Your Dad says, “If you mouth off at your Mother once more you’ll be grounded for a month.”

➀ \_”YOU message” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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➁ \_\_”I message” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2. Your best friend says, “You’ve cheated on your Science Exam with my notes! If you want to get an F in Biology, that’s up to you, but don’t you realize that would take me down too? I’m planning on going to a University and they don’t take cheaters.”

➀ \_(You)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. Your boyfriend ( or girlfriend) says, “You’ve broken out last three dates and now you don’t want to talk about it. What’s going on?”

➀ \_(YOU) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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➁ \_\_( I )\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. A teacher says, “You aren’t turning your assignments in, and your grade has dropped to an F because of it.”

➀ \_( You)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5. Your employer says, “You can’t be late for work and expect me to treat you the same as my employees who are on time.”

➀ \_(You)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. Your brother says, “You promised that you would help me with my homework and now you say you are too tired.”

➀ \_(You)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7. In your own words, why is an “I” message more effective than a “you” message?

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