

Using "I" Messages

"I" Messages are a great way to share your feelings without blaming others. When we use "I" Messages, we explain how we feel and we own those feelings and express those feelings to others. When we use "you" messages, we blame how we are feeling and even blame our actions on others.

The formula for an "I" message is:

"I feel (feeling word)
when (tell what causes the feeling),
I would like (tell what you would like to happen instead.)"

Think of a situation or two in which you might be upset and want to blame others. Reframe into an "I" message below.



I feel _____

when _____

I would like _____

Another situation....

I feel _____

when _____

I would like _____