



## “I” Messages

“I” messages allow you to express to someone your need for them to change their behavior, without blaming them or putting them down. “I” messages create a positive atmosphere for communication and problem solving.

**There are four parts to an “I” message:**

<b>1. I feel . . .</b>	
state the feeling	<i>I feel betrayed . . .</i>
<b>2. When you . . .</b>	
state the other person's behavior	<i>When you tell other people something I told you in confidence...</i>
<b>3. because . . .</b>	
state the effect on you	<i>because it's humiliating and it makes me feel I can't trust you.</i>
<b>4. I need . . .</b>	
state what you want to happen	<i>I need to know that when I tell you something personal and private, you won't tell a single person.</i>

**“I” messages don’t always have to be about something negative. It’s important to send positive “I” messages, too.**

*“I’m really glad that you’ve been coming to the after-school study sessions. It makes me feel that you really care about your work. I’ll be glad to help you in any way I can.”*

**Beware of put-downs disguised as “I” messages.**

*“I can’t believe you’re such a slob! Everyday is miserable because of you. I want you out of my locker and out of my life!”*