

"I Messages" Name \_\_\_\_\_

Part A:

Directions: Practice constructing "I Messages" by completing the following sentences. Remember "I Messages" are POSITIVE.

Example: I feel scared when you show up after your curfew because I am worried that something might have happened to you.

- 1) I feel \_\_\_\_\_ when \_\_\_\_\_  
because it \_\_\_\_\_
- 2) When \_\_\_\_\_ I feel \_\_\_\_\_  
because it \_\_\_\_\_
- 3) I feel \_\_\_\_\_ when \_\_\_\_\_  
because it \_\_\_\_\_
- 4) When \_\_\_\_\_ I feel \_\_\_\_\_  
because \_\_\_\_\_

Part B:

Directions: Respond to the following "You Messages" by using "I Messages" to respond.

Example: You are too small to play with us, so we don't want you to play on our team.

Response: When I am not allowed to play on your team I feel very frustrated, because I know I have the playing capabilities to compete with you.

- 1) You are always late! Why can't you show some respect and show up on time?  
Response: \_\_\_\_\_
- 2) Why do you always avoid my phone calls?  
Response: \_\_\_\_\_
- 3) I don't think that you have any business going out to the game this weekend, because you have too much work to catch up on.  
Response: \_\_\_\_\_

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