

How to Send and "I" Message

1. **Describe the situation.** It may help to begin with the words, "When..." or "When you..."
2. **Say how you feel.** "When you....., I feel....."
3. **Describe what you want the person to do.** "When you....., I feel....., and I want you to....."

Example: "**When** you don't pick up your things, **I feel** scared that Mom will ground us both. **I want** you to help keep this room clean."

Asking for Feedback

Here are some things you could say to make sure the person you're talking to heard you correctly.

"How do you feel about that?"

"What's your reaction to what I just said?"

"I'd like to hear your thoughts."

"What's your understanding of my idea?"

If, after checking, you realize the person failed to understand your message, you need to restate your message in different words.