

How to give an I-Message

Using an I-message is an excellent way to express how you are feeling and what you would like to change. This can be used when you need to work out a conflict you may have with a classmate or simply share your feelings. Instead of placing all of the blame on the other person, we can use I-messages and problem solve together.

Here is how it's done:

I feel _____ .

(Happy, sad, angry, embarrassed, jealous, lonely)

when you _____ .

(Describe the behavior that's bothering you)

because _____ .

(Explain why it makes you feel this way)

I would like you to please _____ .

(What would you like to change?)

Wrong way ☹️

What's the matter with you?

You never pass the ball! You're so selfish!!!



Right way ☺️

I feel angry

when you didn't pass the ball to me .

because I want us to work together as a team .

I would like you to please pass the ball next time .