

“I” Messages

I feel: _____

When: _____

Because: _____

Please: _____

Practice:

1. Your best friend often interrupts you when you are talking
2. You loaned your friend something and they lost it
3. Your parent/girlfriend/boyfriend/spouse critiques you
4. One of your parents/friends/spouse gives you unwanted advice
5. One of your friends told someone else a secret you told them
6. Your friend seems to be flirting with your girlfriend/boyfriend
7. Someone assumes/believes something about you that isn't true
8. One of your friends often wants you to do things to help them, but doesn't ever seem to be willing to help you when you need it
9. Your girlfriend/boyfriend/spouse calls you names when they get angry