

# “I Message”

I feel \_\_\_\_\_

(Tell the other person how you feel.)

When \_\_\_\_\_

(Describe the event that caused your feelings. Be specific!)

Please \_\_\_\_\_

(Tell what you would like to happen in the future.)

# Using I-Messages



I-Messages are a positive way to communicate strong emotions. During conversations with others, use I-Messages to express how you are feeling and what you would like to happen.

## Here's how to create an I-Message

**I feel**  
State the emotion you feel.

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**when**  
Tell what caused the feeling.

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**I would like**  
Explain what you want to happen instead.

Instead of saying:

You are hogging my pencil!



Try using an I-Message:

I feel anxious that I won't be able to finish my work on time when you borrow my pencil. I would like if you could give me back my pencil.

# I-Message Frame



**I feel**

State the emotion you feel.

**when**

Tell what caused the feeling.

**I would like**

Explain what you want to  
happen instead.

## I Message Sentence Starters

- I want ...
- I feel ...
- I would appreciate it if ...
- I think ...
- I need ...
- I expect ...
- I wish ...
- I understood you to say ...
- I thought you said ...
- It was my understanding that ...
- I guess I misheard. Please ...
- I would like it very much if ...