

Name _____

I-Messages in Real Life

What's an I-Message? - An I-Message helps you speak honestly and kindly about how you feel, without making the other person feel attacked.

It follows this pattern: **"I feel [emotion] when [event/situation] because [reason]."**

Directions: Below are 4 short "comic-style" situations with dialogue. Each shows someone expressing their frustration in a blaming or unhelpful way. **Your job:** Rewrite each character's line as a respectful **I-Message** that communicates their feelings clearly.

Scenario 1: Jamal: "You *never* listen to me in group projects. You're just bossy!"



 **Your I-Message rewrite**

Scenario 2: Taylor: "You took my snack again! You're so selfish!"



 **Your I-Message rewrite**

Scenario 3: Lena: "Why do you always leave me out? You don't even care about me."

 **Your I-Message rewrite**

Scenario 4: Ben: "You're always on your phone. You clearly don't care what I'm saying!"



 **Your I-Message rewrite**