

Name _____

I-Messages in Real Life Answer Key

These are just **examples**; students' responses may vary slightly but should follow the I-Message structure and tone.

Scenario 1:

"I feel ignored when my ideas aren't heard during group work because I want to be part of the team too."

Scenario 2:

"I feel upset when my snack is taken without asking because I was really looking forward to it."

Scenario 3:

"I feel hurt when I'm not included because I want to feel like I belong."

Scenario 4:

"I feel unimportant when you're on your phone while I'm talking because I need to know you're listening."
