

I Messages Worksheet & Role-plays

Respond to the following statements and/or situations with an I Message statement.

I feel (state your feelings), when (state the undesired behavior you wish to stop), because (state why you feel the way you do) and (state your future expectations and or future consequences).

After mastering the formula you may be more comfortable using a less structured statement.

1. Your spouse call you from work to tell you he/she will be home in one half hour and he/she arrives home an hour and a half later. This is a weekly event.
2. Your friend calls the third time this month to cancel plans with you at the last minute to go out with their significant other.
3. Your child tells you at 9:00 p.m., that she signed you up to bring cupcakes to school tomorrow for the class party and you have don't have the ingredients in the house.
4. Your neighbor is constantly dropping by and expecting you to be able to watch her child for her at a moments notice.
5. You are trying to leave the house by 8:00 to get to your job on time, however your 3-year-old child is dawdling again this morning.
6. Your sister just borrowed your favorite sweater again without asking and now it's dirty when you want to wear it.