Name: _____

Team I-Message

When younger kids are often taught to use "I" Messages like this:

But how many of us really talk this way? Using "I" Messages with this format is a great way to get used to giving type of feedback, but most of us do not speak like this naturally.

Let's work on creating "I" Messages in our own language. Consider these scenarios and construct a "you" message. Then, create an "I" Message to give appropriate feedback to that other person. Which is more likely to have a positive outcome?

1. Your mother keeps asking you if you have done all of your homework.

YOU: _____

I: _____

2. You got a bad grade on a vocabulary quiz and your friend keeps making fun of you.

YOU: _____

I: _____

3. Your brother has been watching t.v. for 2 hours and you want to watch your favorite show.

YOU: _____

I: _____

4. Your teacher scolded you for talking, but it was actually the person next to you.

YOU: _____

I: _____

5. Your group member keeps asking to copy your answers to homework.

YOU: _____

I: _____