

# “I” Messages

“I” messages Gives the opportunity for change without feeling bad and getting into an argument.

➤ Three part “I” message

1. Behavior
2. Feeling
3. Effect

➤ Three types of messages

## Positive/Appreciative

I appreciate it when \_\_\_\_\_, because I feel \_\_\_\_\_ and the effect on me is \_\_\_\_\_.

## Preventive

When \_\_\_\_\_, I feel \_\_\_\_\_ and the effect on me is \_\_\_\_\_.

## Confrontational

I have a problem when \_\_\_\_\_ because I feel \_\_\_\_\_ and the effect on me is \_\_\_\_\_.

# HANDOUT