

I-Message Technique Worksheet

This worksheet is designed to help you structure and practice using I-Messages for effective communication. Follow the steps below to create clear, non-confrontational messages that express your feelings and needs effectively.

Step 1: Identify the Situation

Think about a specific situation where you felt upset, frustrated, or concerned.

- **What happened?** (*Describe the behaviour or situation without blaming or accusing anyone.*) Example: "The dishes were left in the sink overnight."
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Step 2: Recognize Your Emotions

Identify and name the emotion(s) you felt in that situation.

- **How did it make you feel?** (*Choose from emotions like frustrated, sad, disappointed, worried, etc.*) Example: "I felt frustrated."
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Step 3: Explain the Impact

Describe why the situation affected you. Think about how it impacted your feelings, tasks, or environment.

- **Why did you feel that way?** (*Explain clearly and honestly without blaming.*) Example: "Because it made the kitchen feel messy, and I had to clean up before starting breakfast."
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Step 4: Suggest a Solution (Optional)

If appropriate, state what you would like to happen instead.

- **What would make the situation better for you?** (*Suggest a constructive action or request.*) Example: "I would like us to make it a habit to do the dishes before going to bed."
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Step 5: Create Your I-Message

Combine all the above steps into a single statement using the formula:

"I feel [emotion] when [specific situation] because [impact]. I would like [suggestion]."

- **Your I-Message:** *(Write your full I-Message here)* Example: "I feel frustrated when the dishes are left in the sink overnight because it makes the kitchen feel messy, and I have to clean up before starting breakfast. I would like us to make it a habit to do the dishes before going to bed."
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Practice Scenarios

Use the space below to write I-Messages for the following scenarios:

1. **At work:** A colleague frequently interrupts you during meetings.

- **Your I-Message:**
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2. **With family:** A family member often uses your belongings without asking.

- **Your I-Message:**
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3. **With friends:** A friend is consistently late for plans.

- **Your I-Message:**
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SOLACE SHELTER

Reflection

- How did writing I-Messages make you feel?
- Did this exercise help you understand the importance of expressing your feelings constructively?
- How might you use I-Messages in your daily life?

Write your thoughts here:
