

"I" Message Worksheet

Situation

Your child, who is usually very talkative, has been quiet and withdrawn for the last few days.

You made a great effort to give your daughter a special birthday party. She has not thanked you or shown you any appreciation.

You are trying to talk on the phone to set up an appointment for a job interview. Your 6- and 8-year-old children are fighting loudly in the next room.

It is your 13-year-old son's turn to wash dishes tonight. Supper was over one hour ago, and your son is watching TV in the living room.

You come home from work to find the nearly full milk jug sitting on the kitchen counter, peanut butter and cracker crumbs all over the place, and a dirty glass in the living room.

Your teenage son comes in and announces that he has cleaned his bedroom and finished his homework.

"I" Message

I feel concerned when you don't talk to me because I think I might have done something to hurt your feelings.

"I" Message Worksheet Key

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"I" Message

I feel concerned when you don't talk to me because I think I might have done something to hurt your feelings.

I feel taken for granted when I work so hard to do something nice for you, and you don't even act like you notice. I would like you to show some appreciation.

I feel frustrated when I try to make an important phone call, and I can't even hear because of the noise. Either stop fighting or go to separate rooms.

I feel disappointed when you don't wash the dishes when it is your turn. I would like for you to do the dishes right after dinner unless you check with me first.

I feel taken for granted when I come home from work to find the kitchen a mess. I would like for you to clean your own messes as soon as you make them, and be sure to put everything away.

I feel pleased when you take your school work seriously and when you help around the house. It helps me know that you are ready for more privileges.

"I" Message Handout

I feel

(Insert feeling word)

when

(tell what caused the feeling).

I would like

(tell what you want to happen instead).
