

## Practicing your "I" Messaging

**Divide into groups of 2** and practice the following case scenarios. Take turns playing each role. One of you will take on the role of the person with the problem while the other is the person being spoken to/confronted about the problem. If you are the person with the issue to discuss, write down the first three steps of the "I Message," then ask your partner questions 4 and 5 and see how they feel about it and what could be done to solve the problem. Once you finish all three case studies, and solve the problem to the best of your ability switch roles.

### Group Practice (At WORK Example)

**Situation (1):** A worker is using the office phone for many personal calls during the work day. It is causing problems for others because the calls can be distracting. Plus, now the other workers are wondering if it is OK to conduct personal calls during working hours. You need to communicate your issue with this person, but want to do so in a professional manner.

Write your "I Message" on the sheet provided.

### Group Practice (At HOME Example)

**Situation (2):** Your father has broken a promise time and time again. That promise was to take you on a weekend trip. After the third time, you feel it is important to share your frustration with your father. You feel the "I Message" is the best format you have to conduct this conversation.

Write your "I Message" on the sheet provided.

### Group Practice (At SCHOOL Example)

**Situation (3):** One of your teachers has been treating other students more favorably than you. It is affecting how you feel about this teacher. You notice that she's been playing favorites for a while and that other students are experiencing the same thing. You feel compelled to say something. You feel the "I Message" is the best format you have to conduct this conversation.

Write your "I Message" on the sheet provided.

"WE CREATE MANY NEGATIVE SITUATIONS BY SIMPLY ASSUMING  
THAT OUR EXPECTATIONS ARE SELF-EVIDENT  
AND THAT THEY ARE CLEARLY UNDERSTOOD AND SHARED BY OTHER PEOPLE."

~ **STEPHEN R. COVEY**

## ACTIVITY 7: Forming "I" Messages

Situation 1:

Basic Problem/Communication: \_\_\_\_\_

- 1. I Feel: \_\_\_\_\_
- 2. When: \_\_\_\_\_
- 3. Because: \_\_\_\_\_
- 4. How do you feel about it? \_\_\_\_\_

5. What can we do to solve it? \_\_\_\_\_

Situation 2:

Basic Problem/Communication: \_\_\_\_\_

- 1. I Feel: \_\_\_\_\_
- 2. When: \_\_\_\_\_
- 3. Because: \_\_\_\_\_
- 4. How do you feel about it? \_\_\_\_\_

5. What can we do to solve it? \_\_\_\_\_

Situation 3:

Basic Problem/Communication: \_\_\_\_\_

- 1. I Feel: \_\_\_\_\_
- 2. When: \_\_\_\_\_
- 3. Because: \_\_\_\_\_
- 4. How do you feel about it? \_\_\_\_\_

5. What can we do to solve it? \_\_\_\_\_