

# Use I-Messages

I feel \_\_\_\_\_

when \_\_\_\_\_

Please \_\_\_\_\_.

\*I-messages help us to express our feelings and solve problems in a peaceful way.

## Remember...

- Tell how you feel.
- Tell what happened to make you feel that way.
- Tell what would make things better for you.
- Don't blame, insult, name call, or threaten.