

**CONFIDENT COMMUNICATION - I Messages**

Participant Worksheet

Conflict Resolution Day 2018

“I” messages are a style of communication that focuses on the feelings and experiences of the speaker rather than the perspective or understanding of the listener.

“I” messages enable speakers to be confident and assertive without making accusations, When used correctly, “I” messages can help develop communication skills which creates opportunity for constructive dialogue.

Let’s practice!

***Instructions:*** Change each statements below to an “I” message using the formula “I feel\_\_\_\_\_\_\_when\_\_\_\_\_\_”

“You’re wrong. You need to listen to me.”

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“You’re always late. I’m not covering for your irresponsibility anymore.”

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“Why would I help you finish that project? It’s not my fault you are behind.”

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“You took all the credit for the project. It’s cool. I don’t need the boss to know how hard I worked.”

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“There is no way I am letting you put the fence on the property line.”

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“It makes me crazy when you push all the snow onto my driveway!”

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“I’ll never lend you my car. You’re a terrible driver!”

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“You should have known to pass that message on as soon as it came in.”

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**Facilitator Response Suggestions:**

**“You’re wrong. You need to listen to me.”**

I feel disrespected when my ideas aren’t heard.

**“You’re always late. I’m not covering for your irresponsibility anymore.”**

I feel taken annoyed that you keep asking me to cover when you’re late.

**“Why would I help you finish that project? It’s not my fault you are behind.”**

I feel taken advantage of when you ask me to put my work aside and help you meet your deadlines.

**“You took all the credit for the project. It’s cool. I don’t need the boss to know how hard I worked.”**

I feel hurt that you didn’t include me as a working partner in the project.

**“There is no way I am letting you put the fence on the property line.”**

I feel nervous about putting the fence directly on the property line.

**“It makes me crazy when you push all the snow onto my driveway!”**

I feel disrespected when you move all of the snow from your driveway onto mine.

**“I’ll never lend you my car. You’re a terrible driver!”**

I am worried that if I lend you my car you won’t be careful and my car might

get damaged.

**“You should have known to pass that message on as soon as it came in.”**

I feel as if my messages aren’t viewed as important. I wish you had passed that on a soon as I arrived.