

**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 annoyed that I am being asked to cover when someone is not on time.

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

I feel take advantage of when I have to put my work aside to meet someone’s deadline.

**“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 when I am not included 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 I see snow piled up on my driveway.

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

I get worried about lending my car as safety is important to me.

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

I need messages to be forwarded to me in a timely manner.