

Using “I Messages” To Communicate

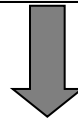
I feel...

- Identify Emotion
- Not “I Think”
- Answer “What?”



When you...

- Identify the behavior
- Separate the behavior from person
- No labeling or attacking



Because...

- Connect emotion with behavior
- Answer “Why?”



I would like...

- Be specific about need/request
- Don't expect compliance
- Express it without the anger