

# I-Messages

My Purpose is ...

*(state relational constructive hope, goal, etc.)*

I Feel and/or Think ...

*(state feelings and/or thought when the problem activity occurs)*

When ...

*(describe the problem activity)*

Because ...

*(describe the reason the activity is a problem for you)*

And, my preference would be ...

*(state one or two solutions, including mutual problem solving)*

Example:

**“My purpose** in talking with you is that I am concerned about your grade. **I feel** scared and sad that you may not graduate **when** you do not come to school or stayed focus in class **because** the time for reviewing in class right now is so important. **My preference would be** for you to come in Monday and Tuesday during lunch and review for the final with me.”